

THE DEHYDRATION OF FRUITS

Marked Progress Being Made in Perfecting Processes for Preserving Fruits and Vegetables.

In developing Canada's natural resources two things are interrelated—efficient production and conservation through economic utilization. For example, every fall, complaints are heard that, while fruit rots in the orchards, people in cities and in other parts of the country suffer from lack of fruit, and the succession of seasons of glut and seasons of famine is so common as scarcely to excite comment. In these instances it is not production but utilization which lags. The Dominion Department of Agriculture is, of course, engaged with both parts of this problem and on the utilization side is making a close study of dehydration of fruits and vegetables. To carry on the large amount of experimental work which must be done toward the perfecting of dehydration processes, the department has installed three plants for further study of suitable varieties, dehydrating methods and costs, marketing, etc. These plants are (1) a laboratory plant at the Central Experimental Farm, Ottawa; (2) a two-tonne commercial plant at Grimsby, Ont.; and (3) a semi-commercial plant at Penitence, B.C. Last year a product of outstanding excellence as to quality and marketability was produced and much valuable information as to methods of processing was obtained. These three plants are being operated to a still higher capacity this year, and at the end of the season it is hoped that much information and material will be available to guide the establishment of improved dehydrating plants conducted on a commercial basis.

Dehydration is a modern and improved method of drying fruits and vegetables. It is an improvement over the old kiln-drying method, inasmuch as the product retains to a high degree its natural color and flavor. The product is "re-freshed" very easily by soaking from twelve to twenty-four hours and may then be treated in a similar method to the fresh article. It is a fact well-known to the medical profession that an increase in fruit consumption is always attended by a higher health standard. Many parts of the Dominion, however, such as the northern portions of Central Canada and a large part of the Prairie Provinces are not fruit-producing areas and transportation and cold storage problems render the supplying of fresh fruits to such districts a difficult matter, especially so from the fact that many of our fruits have a very short season. Dehydration has a distinct field here.

The use of dried fruits and vegetables in the older settled areas has remained fairly constant, the supply from year to year depending entirely upon the relative prices of the fresh product and the quality of that product available for drying. It is only where the quality of dried products has been maintained at a very high standard, that there is any evidence of increased consumption. In the non-fruit-producing areas, the consumption of dried fruits is increasing somewhat but this increase is by no means as large as it should be.

Looking at the domestic field dehydration, when the details have been worked out, promises several important advantages. It will prevent the loss through glutting of markets, so that the surplus which would otherwise go to waste in a week will be available for the year, and it will also prevent loss by extending markets for tender fruits from places near at hand to intermediate and distant parts of the country which desire them and stand ready to purchase. It must be remembered that these are not one-sided benefits, but that both consumers and producers—in fact the whole community—benefit equally.

In spite of the large quantities of fruit grown in Canada, and notwithstanding the large amounts of kiln-dried fruits produced we import from the United States huge amounts of medium and high quality dried and dehydrated fruits which might readily be grown and processed in the Dominion. For example, during the months of March and April this year, we imported 2,500,000 pounds of dehydrated prunes and plums, over 250,000 pounds of dehydrated apricots. The total value of these dehydrated fruits imported into Canada last year amounted to over \$1,000,000. Had these fruits been grown and dehydrated in Canada, that money would have been kept within the country, and there would have been stimulated, in addition, a much greater consumption which would materially assist in the solution of our marketing problems, and in permanently upbuilding certain parts of the fruit-growing industry.

In brief, modern dehydration promises to be a material aid in solving the problem of broadening out our markets and increasing our consumption of fruits and vegetables. It means a saving of large sums of money now being sent to the United States in payment for dehydrated and fresh fruits, and in so doing, it will assist in stabilizing the line of agricultural activity, improving our standards of living, and the general health of the Canadian people.



Surveyors of the Topographical Survey of Canada are shown fording La Biche River, a hundred miles north of Edmonton.

Brain Speed Tests.

Are you a quick thinker? If you are, your chances of success in life are bright. If you are not, then test your speed, and "speed up."

If a friend holds a small red handkerchief in one closed hand and a blue one in the other, and you, not knowing which hand he will open, have to throw your left arm if he discloses blue, and the right if he discloses red, then the thought-plus-action should take under a tenth of a second.

To tell, correctly how many letters there are, say, in the word "telegraph" should take half a second. But that is not a good speed. It should be but a third. The super-speed would be a fifth.

Mental visualizations and the thought-action should be practically instantaneous. Yet nine men out of ten would take two seconds or more in dealing with "telegraph."

Excellent tests of your mental speed can be made with synonyms. "Disrobe—undress," should take a tenth of a second. A really speedy thinker would need but a fifth. "Flexibility—pliant," "loquacious—talkative," "palsiating—careful," are the other examples.

What is called "joined" thinking is good exercise, too. This deals with ordinary knowledge and is worked on the bell and response system. A friend, for instance, may say "Venice." You have to respond with a word which has to do with Venice. "Shakespeare, Canada" would be two responses. A tenth of a second should be taken—no more. "Liverpool" should bring the dash of "timers."

Then there is "characteristic" thinking. An animal is named, and a characteristic must be thought of and spoken. Donkey—ears and zebra—

stripes are illustrations. All those are tests—for a start.

The testing of speed thought is not a test of knowledge, although it may reveal the want of it. The idea is to speed up the brain.

Still Hunting.

Johnny—"Say, Pa, I can't get these arithmetic examples. Teacher said something about finding the greatest common divisor."

Father (in disgust)—"Great Scott! Haven't they found that thing yet? Why, they were hunting for it when I was a boy!"

The Efficiency System.

Marjorie (going to bed)—"Mother, I needn't brush the tooth the dentist is going to pull to-morrow, need I?"

The Page Millions.

Wembley's sudden leap into fame from a rather obscure suburb of London to a sort of central magnet of Empire has revived interest in the story of the mysterious "Page Millions."

In 1543 Henry VIII granted the manor of Wembley to persons who sold it the same year to one Richard Page, whose descendant, of the same name, held it in 1795.

Since then the Court of Chancery has had the matter in hand. Rumor values the estate at \$150,000,000.

Nothing is lost until you have lost your courage.



A Chipewyan squaw of Northern Alberta is shown carrying her papoose in a "moss bag." The method has its advantages in that, when the mother wishes to rest, the child can be propped against a convenient tree or rock.

Like the Flowers in Grandmother's Garden.

"Mother set that out upward of fifty years ago," and elderly man said the other day, pointing to a flowering almond bush covered with a profusion of small buttonlike pinkish blossoms. "I can just remember it. Aunt Ruth Sherwin brought her the root wrapped up in an old blue-checked gingham apron. There's never been much done to the bush. It stands there where it was put and flowers every year when the right time comes."

Some months since a kindly disposed visitor brought to the sick room of an aged invalid an illuminated copy of the Twenty-third Psalm to hang on the wall over her bed. The old lady smiled as she acknowledged the gift. "Yes, I shall like to look at it," she said in her low, gentle, patient voice. "It will be like having an old friend come in, all dressed up. That psalm was one of the first things mother taught me. I've heard her say often that I knew it word for word before I was five years old. Of course it didn't mean much to me then—I was too young to understand—but I can't begin to tell you what a comfort it's been to have it handy when I felt lonely or downhearted or was lying abed in the dark."

And then slowly, reverently she repeated the psalm.

"My father always had a prejudice against playing with chance," a man of sixty years replied when some friends impudently him to take a "fling" in the stock market. "He said it was playing with a phantom, and that when you gained somebody else must lose. If you gained without giving an equivalent, it distorted your ideas of values and made you discontented with the ordinary routine of working and earning. If you lost, it was a long, hard task to replace what had melted away in a moment."

Many of our choicest flowering plants are annuals, and the seed must be sown every season, but some of the familiar flowers in old gardens are perennials and were first planted long ago. Perhaps this age of novel ideas and untried theories is an apt time to inquire whether what is really of most worth and rarest loveliness in the garden of the heart does not spring from the root of an old-time planting. The elements of stable character are as old as the race. Sound principles of conduct are of perennial growth. Trust in God, friendship, home, the haunting sweetness of old songs, the fireside companionship of good books—these are like the ovens in grandmother's garden, common, everyday flowers that fill life with fragrance and beauty.

Thoughts With a Child.

The wings of aloofness, When they are broken, What man may mend them, What care restore us, The first clear shining Our touch has handled? The golden shining our breathes have dulled.

—Helen Hoyt.

Our Horses' Ancestors.

The unrivaled breeds of horses that Britain possesses were derived originally from Arabian stock. Arabian horses are of two types, the Kadish, whose origin is unknown, and the Kochiani, of whom written genealogies exist dating back for 2,000 years.

The Kochiani are kept for riding purposes only, and are said to be descended from King Solomon's studs. They can go for long periods without food, being remarkable for their dauntless courage in the face of danger.

Although neither large nor handsome, the Kochiani are extraordinarily swift. Some types of this breed have a higher reputation on account of their alleged uncontaminated nobility.

Many of the tales told about Arabian horses cannot be believed, for the Arab is naturally prone to exaggeration, and in his eyes nothing can be too good for the steed that he loves almost as much as his children.

To Harness Ben Nevis.

The mountain streams that leap down the sides of Ben Nevis, Scotland's highest mountain, are to be harnessed. An area of more than 300 square miles that forms the watershed of the famous peak will be used. From the main dam a fifteen-mile tunnel, 300 feet under the ground, will carry the water to the turbines that will drive the generators.

It is estimated that more than six hundred million gallons of water a day flow in the streams which pour from Ben Nevis into Loch Treig and Loch Laggan. At Port William, a little town in the valley below the mountain, the generating station will be built, and when the work, which is to begin during the present summer, is completed, 75,000 electrical horsepower will be developed.



Not His First.

"Dear, this is our first dip of the season."

"It might be for you but I've been dipping for every bell hop I've seen since we've been here."

It is a hopeless brain that craves no learning.

How Fast Do You Grow?

The average baby is nineteen and a half inches in length at birth, and during its first year of life grows nine inches. If he or she kept up this rate of growth for seventy years, the result would be a giant sixty-four feet in height.

As a matter of fact, the rate of growth slows down amazingly after the first year. Between the ages of one and two a child grows only three and a half inches, and during its third year two and a half inches. After that the rate comes down to an average of one and a half inches for the next thirteen years.

From sixteen years upwards the rate of growth continues to diminish. During his seventeenth year a boy grows one and a quarter inches; during his eighteenth, one inch. The nineteenth sees him grow three-quarters of an inch, and the twentieth half an inch.

The average young man does not attain his full height until he is twenty-five years of age; but the rate of increase during the five preceding years is only one-fifth of an inch a year.

The height of a full-grown and well-proportioned man should be six and three-quarters times the length of his foot; that of a woman, six and a quarter the length of her foot.

Different parts of the body grow at different rates. The legs double in length by the end of the third year, and triple by the end of the twelfth. When growth ceases, they are five times as long as at birth. Before the age of ten the foot is shorter than the length of the head; at ten they are equal; after ten the foot is longer than the head.

How to Make Ourselves Good Ancestors.

The Leopold-Loeb murder trial has served to set up a whole row of questions in the minds of many people. How are such criminals produced—what are the relative influences of heredity, environment, education, in producing them or ourselves? How can we prevent the production of such monsters? How can we make ourselves good ancestors?

If we do so can we pass on to our children and our children's children valuable knowledge of how to live? These are just a few of the questions people are asking. They open up a wide field of inquiry and touch at many angles, the newest biological knowledge, the latest teachings of eugenics, the most advanced views on social reform. The answers to them are not easy to make, and always completely authoritative when made, and questioners must be prepared to take a bird's eye view of society with the aid of many experts, if they wish to arrive at intelligent conclusions.

It is perhaps with a knowledge of the general hunger for information along these and allied lines, that the Extension Department of Toronto University in conjunction with the Canadian Social Hygiene Council is introducing this fall a series of extra-mural lectures on social hygiene.

Some thirty-one lecturers, comprising medical men and women, jurists, juvenile court judges, magistrates, clergymen of all denominations, athletic instructors, educationalists, public health experts, hygienists, social workers have been formed into a panel of speakers who will be available under exactly the same arrangements as the other Extension lecturers. Part of the cost of the course will be borne by the University, the remainder of the expenses being defrayed by the community applying for one or more lectures by men and women outstanding in their lines of work.

The list of lecturers includes Hon. Mr. Justice W. R. Bidell, President of the Canadian Social Hygiene Council; Dr. J. J. Heagerty, Dominion Department of Health, Ottawa; Dr. Gordon Bates, General Secretary Canadian Social Hygiene Council; Dr. George D. Porter, Director, University Health Service, University of Toronto; Dr. R. R. McClenahan, Director, Division of Preventable Diseases, Province of Ontario; Rev. Ronald McLeod, United Church of Rosedale, Toronto; Dr. H. L. Brittain, Director, Bureau of Municipal Research; Professor J. A. Dale, Director, Dept. of Social Service, University of Toronto; Dr. C. M. Hinks, Secretary, Canadian National Committee for Mental Hygiene; Judge Emerson Costworth, County and Surrogate Court, Toronto; Dr. T. C. Routley, Secretary, Ontario Medical Association; Mr. Ernest A. Chapman, Director, Athletics, St. Andrew's College; Mr. C. E. Chambers, Commissioner of Parks, Toronto; Mr. G. Tower Ferguson, St. Christopher House, Toronto; Rev. L. Minehan, St. Vincent de Paul Church, Toronto; Rev. H. M. Pearson, St. Enoch's Church, Toronto; Dr. George W. Ross; Dr. J. Middleton, Provincial Board of Health of Ontario; Professor D. R. Keys, University of Toronto; Mr. Hugh Kerr, Board of Education, Toronto; Mr. Frank Littlefield, Past President of Rotary Club, Toronto; Mr. Augustus Bridle, Music Critic, Toronto "Star"; Dr. Margaret Patterson, Magistrate, Women's Court, Toronto; Mr. W. H. Harrison, Secretary, Canadian National Newspapers and Periodicals Association; Dr. Grant Fleming, Deputy Health Officer, Toronto; Miss Frances Brown, Supervisor of Venereal Disease Nursing, Department of Health, Toronto; Professor Peter Sandford, University of Toronto; Dr. Edna Guest; Rabbi Brickner, Holy Blossom Synagogue; Rev. Father Haley, Catholic Welfare Bureau; Dr. Lillian Langstaff, Physician to Women's Jail Farm.

A wonderful example is the result of the use of latex. Certain materials now used in furniture as a substitute for mahogany and other woods are the attacks of mites or other insects. Straw or other substances coated with rubber and varnish a perfect elastic coating is which is clean and washable and is indefinitely. The best of it is not do this, it must be water-proof.

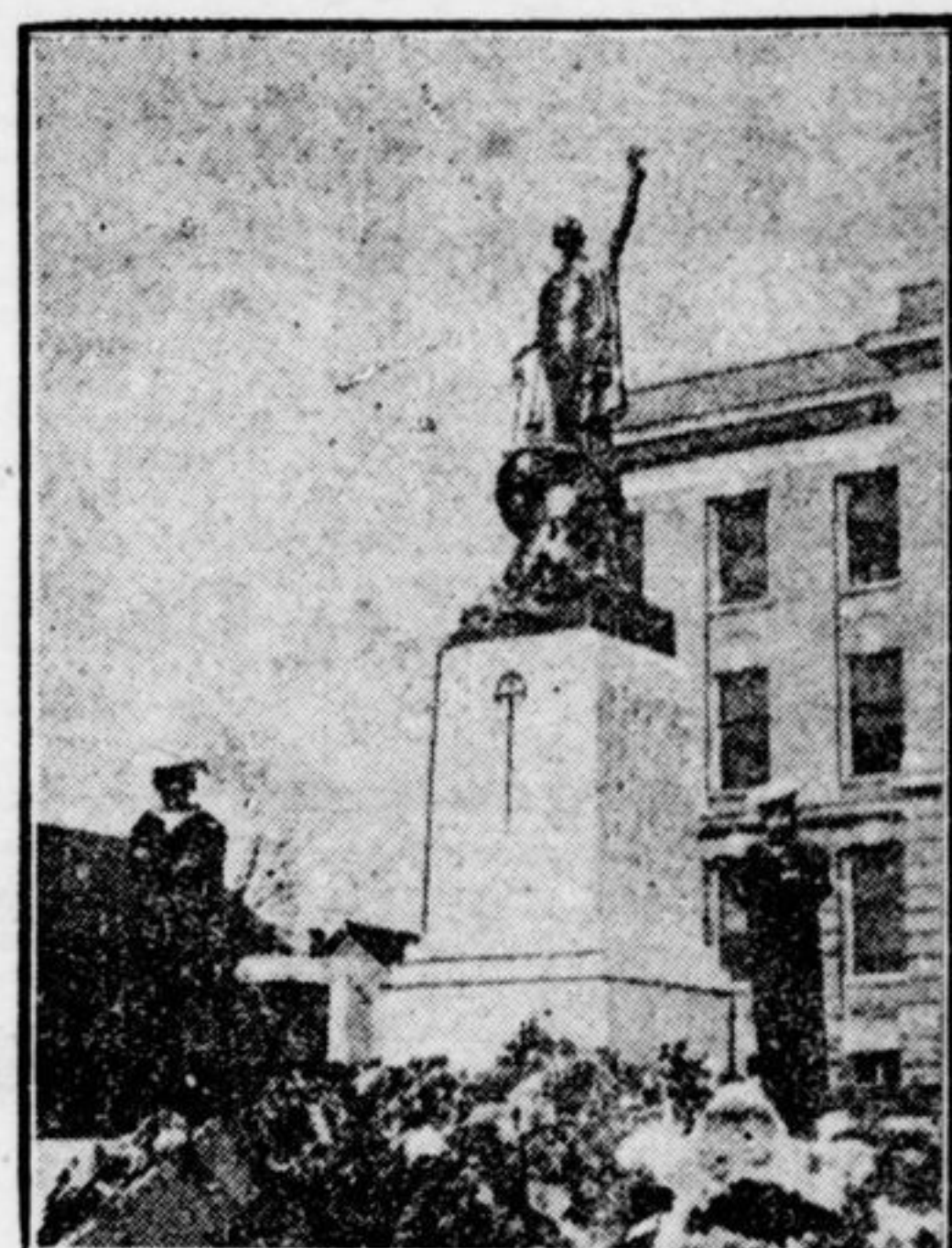
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Seeing Through the S...
We know that blind people are used in some measure for the aid of the sight by the greater alertness of their other senses.
But a statement has recently made that the blind might see—not with their eyes, but with the skin of the face, neck and chest.
Apparently such a gift is to all, but in the average person the sensitive power of the skin is not so keen as that of the eyes. If we all had this power, it is stated that it would be possible for us to see in a dark circle from various angles of a through "curved eyes."

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The Unexpected.
Much of the anxiety of human experience is due to the things that never happen; and a great deal of the joy of living is derived from the unexpected. Not one of the least of our blessings is the fact that the future, including the next minute, is veiled. We cannot tell what is to happen and we are entitled to believe that what ever occurs will be pleasurable. It is for us to meet what comes in the circling round of the daily tasks and leave the issue with the power that rules and overrules beyond all human ken or cunning.
Often, for all of us, at a low ebb of courage and cheerfulness, the friend in need appears, who calms and restores at the touch of a hand, the sound of a word. By the mere sight of one who cares for us we are refreshed.
Was it a regrettable dependence that we looked to some one else for help and healing instead of finding the kingdom of heaven always in ourselves? No; for the wisest and best grow weary of their own society, and we are so fashioned that "clay of the earth whence we were made years to its fellow-clay." We need not be ashamed of it. Let us accept the blessed gift of friendship and be grateful, and go forward in its strength that the other person may not be disappointed in our performance.

As a Boy Sees It.
The funniest mistake made by a British schoolboy has been crowned with a prize in a "howler" competition organized by a London newspaper.
The boy was asked to tell the difference between a biography and an autobiography. "A biography," he wrote in reply, "is the history of the life of a good man. A naughty biography (autobiography) is the history of the life of a lady."
Three meals a day and nothing in between is a good rule for children.
—Dr. H. Scurfield.



Photograph shows the war memorial that was unveiled at Sault Ste. Marie recently by Lord Byng.

Increasing the Reach of the Oil Can.

Spring squeaks and body "chirps" are the bane of every automobile owner's life, but what can be done to eliminate them? The oil can will not reach all parts of the springs; neither will it spread oil round abrupt corners.
Here is an easy, simple way to overcome the difficulty and increase the reach of your oil can. Drill a quarter-inch hole in a large, long cork. Slip the spout of the oil can through the hole until the end projects about one-half inch. Then take a piece of stiff wire—copper wire is best—about eight inches long. Insert one end of it into the cork, parallel to the spout and touching it. Shove it in far enough to hold the wire securely in place. Your oil-can extension is now ready for use.
To use it bend the wire into any curve necessary to get round corners or into inaccessible places. Invert the can, press the bottom with the thumb in the usual way, and each drop of oil will run down the length of the wire to the end. When the wire is inserted between the automobile body and the frame or held in contact with the leaves of the springs oil can easily be placed where it is most needed.

Flavor of Melons.

Melons gain in flavor, but not in sweetness, after being picked.
Claimed as the largest in the world, a sapphire weighing 10 ounces and valued at over \$25,000, has recently been exhibited at Wembley.

Natural Resources Bulletin.

The Natural Resources Intelligence Service of the Dept. of the Interior at Ottawa says:
Canada has an asset in her autumn woods that is not as fully appreciated as it should be.
What is more beautiful than the changing color of the foliage, the variegated leaves, that are gradually, but surely changing from green to red and then to yellow, passing through all the varied shades of each, and then falling revelling to the ground?
And again, what is more entrancing than a day spent in the woods, in the bright sunlight descending through the thinning trees, wading through the fallen leaves, and breathing the health-giving atmosphere of the open country?

There is a fascination about the Canadian autumn which cannot be resisted by many, and should not be by many others. Getting into the open, if only for the day, gives one a feeling of freedom from the restraint of modern community life, and of being nearer to nature. More and more hunters are going into the open, armed, not with the shotgun, but carrying the camera, that the pleasure of seeing wild life in its natural condition shall not be terminated by the well-directed shot of one hunter but retained for future remembrance of the many.

The greatest natural resource that Canada possesses is her people, and upon her people must depend the ultimate development of all other natural resources. It is essential, therefore, that a healthy body and mind shall be maintained. This can be greatly assisted by getting close to nature and learning to appreciate the beauties of nature as shown in the woods of Canada in the autumn.



A splendid view of the Prince of Wales' ranch in Alberta.

Rubber Enters Some Fields of Usefulness

Rubber's field of usefulness is recently been greatly enlarged. In its original form, that is, in the form of the rubber tree, it was subjected to a cooking process at the place of its transportation in the shape of lumps, but this method was somewhat irregular and was somewhat serious.

The natives who extracted and prepared it for transport learned some tricks in the penetrating some frauds and chaser. Often when the crude rubber was applied to a tory to further treat it was found to be filled with foreign matter which they would not use. These were the forms of deerskin products which were of poor quality. It was then that partial evaporation of the latex handled in bulk and the improved method now used in this has been made possible.

For glazing purposes a purity has been made by using latex with water. The water is to mix the white with the and in the course of time it and breaks away, leaving a loss. It has a clinging property to the woodwork of the glass, it becomes transparent, crumbles and falls in flakes and is not so easy to clean as a cement is made with water. Both the former and the latter are a joint which is waterproof.

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