as he ever could!

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

honeymoon.) Had she helped him?

Had she been an inspiration, and a

guide, and a counselor, and a friend?

Poer Burke! 'He had given up a good

deal for her sake. (With the con-

sciousness of that vacant pillow by

her side, a wave of remorseful tender-

ness 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

With a low cry Helen sat up in

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 fret-

ful and fault-finding, and-and horrid.

always loved him. It only needed

Burke, her husband-Baby's father!

that Ind ilad dragged him down!

hot.

him----

bed suddenly.

had come to her.

not standsit! He should see!

chouldn't have done it. But, do you

know? I believe I'm glad I did-for

it's taught me something. Maybe

apartment.

morning.

frem each other.

"Drag him down!"

BY-Eleanor H. Porter

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trip. I want to go, of course. Then, thousands of tons. too, I think I ought to go. Dad needs use to him.

and go back to your home town for forest. ther are not living; but there must be Commission survey of forest regenera to visit. Or, better yet, now that Commission of Conservation, said: you have the means, you would pro- "The studies of the past summer bably prefer a good hotel for head- corroborate the results of the previous was a little frightened, too, at what quarters, and then make short visits summer, namely, that the young bal she herself had said. In a soberer to all your friends. It would do you sam and spruce under the cover of moment she would not have spoken worlds of good, and Baby, too. quite like that, certainly. But it had!

been so hateful—his asking if she called that a happy home! As if she cause I believe it's the best way. I'll age 8-inch tree 70 years old, and did not want a happy home as much To Helen, then, came her old vision might say things when we first met eter breast-high. This statement is of the daintily gowned wife welcoming her husband to the well-kept home; and all in the dark her cheek flushed

are due to leave next Wednesday. I'll found to be 80 years old, at 8 inches in be down the first of the week to say diameter, 120 years old, and at 12 good-bye and pick up my traps. Mean- inches in diameter, 165 years old." while, chicken, you'll be all right with Thus, to supply the raw materia Bridget there; and just you put your for one ton of pulp will require eight wits to work and go to planning out balsam trees of 75 years growth, o that vacation of yours, and how you're eight spruce trees of 130 years growth going to spend the money. Then you or 600 or 1,040 years, respectively, o can be ready to tell me all about it tree growth. when I come down. : .

Your affectionate husband,

Burke. the note, was one of utter stupefac- good revenue may be derived, the tion. With a dazed frown and a low-drain on our forests may be partially ejaculation she turned the letter over relieved and, in a measure, the repuand began to read it again-more tation of Canadians as a nation of slowly. This time she understood, wasters may be discredited. 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.

But she loved him dearly. She had Few realize the important relation which Canada's wealth in water power something like this to show her how bears towards reaping the full benefit much she loved him. Why, he was from her numerous other natural resources. It is true that these other re-As if ever she could let it be said sources would not otherwise be entirely lost to the country, but would Quivering, shaken with sobs, she have to be exported as raw material fell back on the pillow. For a few in its most primary state with a mini- human energy for purposes to which moments she cried on convulsively. mum return to us. The presence of Then, with a tremulous indrawn cheap power which is almost invaribreath, she opened her eyes and stared ably found side by side with these into the dark again. A new thought other resources, facilitates their development, while their full industrial But there was time yet. Nothing value is retained in being able to dedreadful had happened. She would liver them as a fully manufactured show Burke, his friends, everybody, product.

that she had not dragged him down. It may be even permitted to predict still greater burden of transporting it. From now on she would try. Oh, how that this cheap power will soon attract Every water power harnessed and dis- decided upon the method to be purshe would try! He should see. He raw material from other countries. placing steam power implies, there- sued, the preparation of the product should find a happy home when he For instance, the United States side came at night. She knew more, now, of Niagara Falls is operating largely than she did, about housekeeping. Be- from hydro-electric energy exported sides, there was more money now,- from Canada. Had it been physically a little more,—and she had some one or economically impossible to export to help her with the work. Bridget this energy, as the question of power was really doing very well; and there is of utmost importance, these works was Mrs. Cobb, so kind and helpful. would have doubtless been attracted She would go to her for advice al- to use it on the Canadian side.

ways. Never again should Burke come in Canada, the pulp and paper inhome and find such a looking place. dustry has been greatly expanded Baby should be washed and dressed. through the proximity of abundant She herself would be dressed and water power to our forest resources. waiting. Dinner, too, even on Brid- A recent census bulletin on this indusget's day out, should be all ready and try shows that there is a total of waiting. As if ever again she would 524,252 h.p. installed to operate pulp run the risk of Burke's having to flee and paper mills in Canada. From other from his own home because he could figures given it is fair to estimate that at least 475,000 h.p. of this is derived It was in this softened, exalted directly or indirectly from, water state of mind that. Helen rose the next; power.

morning and proceeded to begin the; If we consider pulp mills alone the carrying-out of her vows, by essaying figures from the bulletin also demonsthe almost hopeless task (with Brid- trate the important part which power gct's not overcheerful assistance) of holds in connection with this industry. putting into spotless order the entire! The Canadian mills producing pulp exclusively are stated to have a yearly At two o'clock, when Burke's letter, output of 490,615 tons, for which it is came, she was utterly weary and al- necessary to use 95,463 h.p. In other most sick; but she was still in the words one horse-power will produce softened exalted state of the early approximately five tons of pulp yearly. This one horse-power usually costs With a wondering, half-frightened from 8 to \$10 with water power, while, little cry at sight of the familiar if other sources of energy had to be writing, she began to read. John used, the corresponding cost might be As high as \$90 a pair is being paid Denby's check for ten thousand dol- from \$30 to \$50. This would mean an for extra fine birds, but even at such lars had fallen into her lap unnoticed. increase in cost of at least \$4 per ton, My dear Helen (she read): First or, in all probability, if the water let me apologize for flying off the power had not been available, the pulp handle the way I did last night. I, would not have been manufactured.

Barn Fires.

you've discovered it, too. It's this: During the past two haying seasons you and I have been getting on each many fires; have occurred in barns, other's nerves lately. We need a rest; and these have been traced directly to the storing of hay in the barns be-Now, don't bristle up and take it fore it has been thoroughly dried. The wreng, my dear. Just be sensible and moisture in the hay has caused a ferthink. How many times a day do we mentation and heating which has resnap and snarl at each other? You're sulted in spontaneous combustion, and tired and half cick with the work and the loss of the hay crop and the build-

the baby. I'm tired and hilf sick with ings. Hay should be properly cured bemy work, and we're always rubbing each other the wrong way. That's why fore being stored. It may take a lit-I think we need a vacation from each the longer and may sometimes be other. And dad has made it possible done at the risk of unfavorable for us to take one. He wants me to weather, but R is much better to be co to Alaska with him on a little sure than sorry.

How the Saving of Paper Can Relievo

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

As a forest conservation measure, me. Not that he is old, but he is just this work was a tremendous success. getting over an illness, and his head! Every ton of waste paper sold rebothers him a lot. I can be of real- lieved the forest of supplying raw material to take its place. Eight trees At his own suggestion he is send- of 9-inch butt are required to make ing you the enclosed check. He wants one cord of pulpwood, and one cord you to accept it with his best wishes of pulpwood makes one ton of pulp. for a pleasant vacation. He suggests We are proud of our rapidly growing and I echo him-that it would be a pulp and paper industry, but few realfine idea if you should take the baby ize what a drain this means to the

a visit. I know your father and mo- Dr. C. D. Howe, in reporting on the some one there whom you would like tion at the last annual meeting of the

the hardwoods grow very slowly. For And now-I'm writing this instead example, the average 4-inch balsam of coming to tell it face to face, be- was found to be 55 years old, the averbe frank. After last night, we was 80 years old at 10 inches in diamthat we'd be sorry for. And I don't based on the growth analysis of about want that to happen. So I'm going 300 trees. The spruce grows even to stay up here for a day or two. | more slowly. .. At 4 inches in diameter Let me see-to-day is Friday. We breast-high, the average tree was

To-day, the market price of waste paper is somewhat lower than during the war, but there is a steady demand Helen's first feeling, upon finishing for it, and by organized gathering, a

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 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 They are as fully equipped as are the necessary in mining the coal and the we are approaching an era when, contents of the jar. 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 connectition 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 . Cooling of Favorite Birds.

The enterprising pigeon fancier who would like to turn an honest penny should ship some of 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.

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 hear 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 a slow-moving vehicle, always pass it on your left, but in passing a street car always keep to



Canny Things About Home Canning. cooking. work of preparation should not be blade, adjust the rubber and hot-lid overlooked. A 'certain amount equipment will be needed; therefore, it by screwing the lid down tight, then is well to make out a list, look over giving a quarter of a turn back. On the things that are at hand and re- jars having glass tops the wire lever place 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, tablespcons, 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 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 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 homemade outfit is constructed of such utensils as wash-boilers, tin pails; metal wash-tubs and lard pails. The pails should have well-fitting covers and false bottoms 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 contain-

The hot-water-bath commercial outfits which are generally used for out door 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 minutes. 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 steamtight sterilizer, lifting crate, thermometer or pressure gauge, safetyvalve 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 light in construction and economical of heat, and are used for canning during the canning season and as cookers during the entire year. steam-pressure outfits.

Having provided the equipment and for, a great band of laborers in the comes next. Use care in the selection, mine and on the railways freed from grading, washing and blanching. Rethis particular necessity of toil for ject any fruit or vegetables showing other and more useful work. Now that signs of decay; even though the rot the price of labor has risen beyond spot is removed, the use of what is the wildest dreams of a few years ago, left may cause spoilage of the entire

> 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 filled, one-half teaspoonful to a pint jar being sufficient for most vegetables. Pack tight. except such vegetables as swell in accomplish.

Add boiling water to fill All steps in the canning of food are crevices, remove air bubbles by means very important, but the preliminary of a bamboo paddle or flexible knifeof or cover, and partially seal the jar 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 can ner 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 solved, 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 New Zealand were among the larges jars, as directed above, and place in offerings in the recent international the canner. Consult the processing fur auction at St. Louis. Half a mil table and note the time when the fruit lion pounds of Australian rabbit and should come out. Remove the jars, 50,000 pounds of New Zealand wer tighten the lids, test for leaks and sold for a total of \$335,000. Th stand away to cool.

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

The figures in this table represent

Steam Pressure

Scald pressure cooker

	or.	5 to 10	
		pounds	
Tomatoes .			
Pumpkin	400	60	40
Squash		60 .	40
Corn, sweet		90	60
Corn, field		60	50
Mushrooms		50:	30
Sweet peppe		60	40
Beans, wax	The state of the s	60	40
Beans, string	g-		190 XI 1811
less	5-10	. 60	/ 40
Brussels			
-sprouts	5-10	60	40
Cauliflower :	3	30	20
Beets	5	60	40
Turnips	5	60 .	40
Other roots		•	4-3-
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
Huckleberrie	S	10	5
Peaches	1-2	10	5
Plums	••	10	5
Raspberries	••	140	. 5
Strawberries		10	5
Apples	11/2	8	. 6
Pears	11/2	8	. 6
Quinces	11/2	. 8	6
Windfall app	oles.	* * 1 2.	i a
(for pies)		. 8	5
Whole apple	s, · · ·	• •	
pared and		f., 1,	*
cored		8	5
Apple syrup	•	8	5

Lubricate farm work with plenty of enthusiasm and good cheer, and you will be surprised at how much you

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COMPULSORY TOWN PLANNING

Only Two of Canada's Pr Keeping Abreast of the Ovinces
Town planning in Great British

so far advanced beyond the expemental 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, inthe 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 can-'I not 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 water. Boil-until the sugar is dis- abreast of the Old Country in townplanning progress, though most of our provinces have enabling acts in force

> Rabbit skins from Australia and largest lot went to hatters and felmanufacturers.

PORK AND BEANS WITH TOMATO ON PLAN SAUCE AREA TREAT THIS LEGEND ON THE TIM IS A GOVERNMENT GUARANTEE OF PURITY.



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