r 2, 1916.

as hard as held a gun. 1, heavy. me without errible. We We suffer. We until it was was back in it would

nd you, Mon you!" His arm hifted to the said, as he

aid you and s cabin. He he child was red Metoosin, been coming

reath. Then a tiger. He and threw up ice rose more savage, above the dogs and

n?" nswered him,

y were ready, of them. He lip saw Father , clutching his face there was low to Philin he fights face or if they call lost! M'sieur, hold your fire they will come them-even as with a white

ranted!" cried

nself had heard and faced those e in the shelter grey gloom of a sea of shift-

no mercy this s voice rumbled the aisles of the on the trail of and murderers. hundred miles It said nothing Fawn from her 'Give us proof 'Give us proof Reville, and that a natural death.' In these for-And yet with v. . loors we are not d daughters are nonsters. To-day may be yours hercy. We must Am I right, men?? tot a murmur but ce that answered. ged ahead to his houlder they led

the Forks it was the Devil's Nest, edge of a chasm at sheltered Lang these men of the miles meant en miles mean earded Janesse's miles long, and he lavs, stripping hu Renault had rm dors between day d "Mad" Joe Hom one hundred and the North in firs not records. They hundred and Those who fol-Adare were the Adare were the I, narrow-waisted-were like rawhide, ad chests that were

on page 15.)

The Upward Look

WE are perplexed but not in dis-Pare perpected but not in cus-saken: cast down but not for-saken: cast down but not de-stroyed.-2 Cor IV:8-9. Lately a long walk was taken by trails through the depths of a grand,

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trains through the depuss of a grand, old forest, never grander than then, in all its autumn beauty. There were browns, goldens, russets and reds, with occasional gilmpes of the bluest of skies overhead and blue water beyond

One's attention was called to many of nature's minor freaks, in the growth of certain trees; minor indeed, for God's nature as a whole is never freak-God's nature as a whole is never treas-ish. In many cases we could account for the reason, in many we could not, for the strange twists and distortions for the strange twists and distortions of trunks and branches. Many were bent into curves, others into loops, and some even into well-defined figure eights. But what we noticed without exception was, that the newst growth, the ends, were growing straight up wards. Many more trees were lying prostrate under great fallen tranks, others under huge large masses of rocks, but in some way the new growth would emerge triumphant, up towards the light.

The lesson was brought home very The lesson was brought home very vividly, that no matter what life's handicaps and set-backs may be, we can always strive for character growth and spiritual uplift.

often some lives may seem to end in utter failure, yet one must not judge too harshly, because others can have no realization of how intense the struggle may have been or how tragic the despair

Though life may be a bitter disappointment in one way, grand results may be accomplished in another Cowper's great work "The Castaway" is a cry of despair, in which writing of a man washed overboard, he describes a man wagned overloard, he describes himself perishing in the sight of friends, who are unable to help. His last years were one long struggle with insanity

Many claim that after failures and Many chain that after failures and fails and siming, one can never this as high again, but others rightly mi'n tain, that more lofty heights may be reached, as through those very depths, a grander vision of Christ's love may be received .--- I. H. N.

Home Canning of Poultry*

T is quite possible for the housewife to can her own poultry on th kitchen stove and provide herself with a supply of nourishing ford such as is looked upon in many homes as a delicacy and fit to set before the best in the land, whether he be the minis-ter or the rich relation. The method of operation is as follows for what is called "straight pack"; Clean and cut up the chicken. Sort

Clean and cut up the chicken. Sort out the flexby portions, such as the less, thichs and breast. Break off the protuding portions of the bones in a gen jar or other container, as checky as possible. Add sait and pep-per (about a tesapoontul of sait and ge-clichth isaspoontul of an inch of within threequarters of an inch of process for presenting the liquid that comes process for presenting the liquid that comes process for presenting which is a, the process for preparing which is given

Place in boller or other vessel con bring to a boll. For pint jars boll two and a quarter hours. For quart jars boll three and a half hours.

Balance of Chicken. Place in kettle and boil till the meat

"The above is taken from a paper read by Dr. Robert Barnes, Chief of the Meat and Canned Floods Division, Ottawa, at a meeting of the Ottawa Pouliry Asso-

FARM AND DAIRY

will strip free from the bones. Strip off all meat and pack in jar. Pour off the balance of the liquid that has not the balance of the liquid that has not been used in the first lot. If there is a not enough to fill the jar, add water. Place in boiler as above, and boil as follows: For pint jars, one and three-quarters hours; for quart jars, two and a quarter hours. It desired, the whole of the chicken may be prepared the same as the last nart same as the last part.

In all cases take care not to expos In all cases take care not to expose the gen jars to a sudden change of temporature. Also, after the jars have cooled off, examine the tops to see that the covers are air-light. During the cooking of the product, place the glass tops on the sealers but do not fasten them. Any steam or gas which may be generated will except. As soon, however, as the processing is finished, fasten the tops securely.

Glass containers would be, by all means, the best packing for canned goods of all description, as they do not alter the taste of the goods. But they do not alter the taste of the goods. But they cost too much for commercial can-ning, their weight is very great as compared with tin cans containing the compared with tin cans containing the same amount of meat-which means high freight charges—and their pro-cessing requires more precentions, as the glass, when hot and subjected to inside pressure, is very likely to crack if cooling is allowed to take place too quickly. Consequently, whatever may be the difference in taste between the same goodk waven marked is the or same goods when packed in tin or glass, the canner has to put up with the tin can unless he manufactures high-grade articles. Otherwise the consumer would have to pay more for the container than for the contents.



Interesting Letters

VIDENTLY "In Perplexity's" home problem and "Cousin Mae's re-quest for suggestions of books in E quest for suggestions of books in connection with winter reading have caught the eye of a goodly number of our Home Club followers. In our issue of Oct. 19 we published a letter from "The Doctor's Wife," offering advice to "In PeruParky", and at the end of to "In Perplexity," and at the end of her letter she added the title of a couher better she added the title of a cou-ple of books which she recommended for reading aloud. She also mentioned having read one of David Grayson's books and expressed her enjoyment of

A very interesting and instructive A very interesting and instructive letter from a new member, who signs himself "Book Worm," appeared in our issue of last week, dealing with the question of winter reading, and the question of winter reading, and this week another new member, "Uncle Dick," also has a splendd lei-ter on the subject. We are delighted to add these new members to our Home Club, for a family circle is really not complete without the men tab. folk

"In Penplexity" has not been forgot-In Perpuexity has not been torgot-ten this week either, as we have two fetters dealing with her problem—one from "Grandma," a new member, and another from "Cousin Elsie," who has been with us on previous occasions. We are very pleased to see our members entering into these discussions, and trust that we may hear from still others

"Cousin Elsie" Offers Advice

W E are so sorry to have our new member come into any new W member come into our circle feeling blue. However, we want you, "In Perplexity," to feel right at home with us. You are a young woman and a farmer's wife. Don't you think you should be proud of that? Not being brought up on a farm makes Not term busit up on a tarm makes some tasks harder. You are somewhat like the plants that always have been in the greenhouse, cared for and protected, and when first transplanted out-



YOUR Farm Home Can Easily Have One of These Systems All the comforts and conveniences of a modern bathroom! Plenty of running hot and cold water in the kitcheal Water in the barn and outbuildings! Running water al-ways ready for every farm need-this is all made easily ossible for you through the Empire SUPPLY System Expire systems have been successfully in-stalled in many country houses in all parts of the Dominion. No matter where you live we can send you ra Empire System complete ready to set up. **Outfit Consists of** white enamel Bathtub; closet with tank; lavatory with fittings; hot water holice for kitchen range; Pneumatic Preus Storage tank and system; all pipes and fixtures necessary. Price of outfit necessary complete \$225 d

East London, Ont.

Paraco We have other systems with additional fistures at slight-procession of the systems different systems. Worklass different systems will give your needs and we will give your needs and we will give your requirements. Don't pat up with the old, your requirements. Don't pat up with the old, where we were long to the base of the systems of the west of the systems of the system Weste us To-day.



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