

Volunteer sailing would apparently have an equal chance of success if an attempt were made to organize it. There are plenty of fishermen on the Lake, as well as amateur sailors, who, it is said, might be readily formed into a branch of the Naval Reserve. Many of the fishermen are idle in the winter, though some take work in the factories, and it is suggested that they might be taken for a training cruise in West Indian waters at that time of year.

The farmer's wife and daughters do more of the work in a farm-house in Canada than in the Old Country, hired help being scarcer;

but the women as well as the men, especially in such an advanced district as I am describing, are not content to be mere drudges. They are getting a clearer and higher view of the dignity of their calling, and also of its possibilities. Many farmers' daughters now take a course of household economy at a



River Nith, in the fruit belt of Ontario.

special institute given by Sir William Macdonald to the Guelph Agricultural College. And all over the Province "Women's Institutes" have been formed for the discussion of all sorts of ways of making farm-house work more efficient and farm life more agreeable.

#### REVENUE AND EXPENDITURE.

It is notoriously difficult to say what a man or a family will spend in the course of the year in any district, different people's standards of living varying so greatly, as well as their willingness and ability to save money by doing and making things for themselves

**Food** which others get done or made for them. It is possible, however, to give a good many details which may prove useful. In a typical district, for instance, a few miles from

St. Catharines, where provisions and other supplies are easily obtained from either the city or the village stores, I find that bread and groceries cost about the same as in England, and so do poultry. A good joint of beef will cost 6½d. a pound for roasting or 5d. for boiling; veal, 6½d., and mutton, 9d. Milk costs 3d. a quart. The price of butter varies from 10d. or 1s a pound in summer to 1s. 3d. in winter; eggs from 10d. or 1s. in summer to 1s. 3d. or even 1s. 8d. a doz. in winter; potatoes, 60 cents (2s. 6d.) per bushel of 60 pounds; onions from 2s. 11d. to 3s. 4d. a bush.; carrots and turnips, 9d. a bush.