

vegetables and fruits can be hers for the care of them. She can have mutton, lamb, chickens, ducks, geese and turkeys. There is abundant game and fish, clams are to be found on many of the beaches and oyster beds in these localities are making fortunes for their owners. A menu for the Christmas Dinner (1908) served in a home in Metchosin is given herewith. Every article on the table, save spices, was produced on the ranch of the host or near by:—

Clear Soup		
Salmon Croquettes and Brown Bread and Butter		
Creamed Chicken in Cases		
Asparagus Tips		
Turkey and Sausage Balls		
Mashed Potatoes	Baked Tomatoes	Barberry Jelly
Roast Quail		
Bread Sauce	Crab Apple Jelly	
Plum Pudding and Hard Sauce	Mince Patties and Whipped Cream	
Celery	Cream Cheese	Apples and Pears
Coffee	Sweets	

Wild fruits, especially delicious blackberry, black raspberries, strawberries and crabs are freely used and make appreciated additions to the table. None need starve on this end of Vancouver Island. A living is easily got, too easily, the more ambitious think. The stimulus of a severer climate and more strenuous struggling for existence is wanting. But women will not quarrel with that.

Chance for Working Women.—The following article from Mrs. Fitzgibbon will be of interest in this connection:

"After a residence of three years on the Island the writer has come to the conclusion that there is no part of Canada better adapted for the profitable activity of the genuine woman worker than the districts which surround Victoria, the capital of Canada's most Westerly Province. The climatic and scenic charms of Metchosin have already been described, but from the point of view of the on-looker the prodigal charms of nature have been, so far, one of the obstacles which have retarded the steady progress of the educated settler in these districts. In the past the class of residents who have bought land in the outlying districts of Victoria are those who have been attracted to this part of the world by the promise of open winters, long equable summers and the abundant chances of fishing and shooting which the Island provides. They have been content to clear a few acres of land and enjoy the freedom of life without any particular thought of the morrow. Times have changed, the all-round development of the Pacific Province has begun. Here is the chance