

flying through the air. From one to another sped the bolt, and was caught with amazing dexterity. None the worse for its journey, it was seized by another pair of tongs and slipped into place. In a few moments, with some resounding raps from a compressed-air riveter it was immovable.

THE LAND OF PLENTY

1. ONCE through the huge barrier of the Rocky Mountains, the interior becomes strangely familiar to us. The Fraser River, Lake Stuart, Fort George, the Nechaco Valley! We have heard all these names before, and turn to the story of the indefatigable explorer and fur-trader, Simon Fraser. Truly Canada owes much to the force that drove the United Empire Loyalists over her border!

2. The interior of northern British Columbia is far from being all level, though it is called a plateau. The Bulkley Valley has long been thought the Paradise of the north, and the most casual summer visitor cannot but confirm its name. It is a wide plain almost as level as a table, stretching on either side to a ridge covered with trees.

3. Over the surface, in leisurely fashion, little streams meander through the meadows, overhung with willows and young poplars. To the mind's eye fancy pictures herds of red and white cows feeding or standing knee-deep in the placid waters, while dappled horses stray here and there through the lush lowland grasses.

4. On the ridges grow vast quantities of wild fruits, raspberries, gooseberries, and currants, both black and red. Of a size larger than most cultivated specimens,