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One mile of Lake front. Wharf where C.P.R. boats stop. Creek runs through property. Fine sandy beach. This land is in the peach growing belt and will grow all the finest fruits grown in B.C. The high prices at which land on this Lake front is now selling renders this a perfectly safe and profit making investment. This is an exceptional opportunity for anyone desiring a fruit or mixed ranche in a beautiful climate. Post office and Store. Fine fishing, boating and shooting. The owner will fully guarantee the purchaser. Terms for payment can be arranged. Apply for particulars of this or smaller ranches of 10 acres or more to

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Among the many symptoms are: Variable appetite, faint, gnawing feeling at the pit of the stomach, with unsatisfied craving for food; heartburn, feeling of weight and wind in the stomach, bad breath, bad taste in the mouth, low spirits, headache and constipation.

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Among the Flowers.

Longing.

I am longing for the country,
For the fields of wondrous green,
For the hills that rise in beauty,
For the lake with silver sheen,
For the gentle kine that follow
Lowing to the pasture bars,
For the boundless skies that glisten
With their never-falling stars.

I am longing for the country
And its good old-fashioned ways,
For the kindly hands and helpful
Making bright the saddest days.
Lo, amid the city's splendor
No familiar voice I hear,
Not one smiling face to greet me
Mid the many passing here.

To this din and strife and traffic
I am as a stranger lone;
O! for something true and steadfast,
O! for someone all my own;
Yes, I'm longing for the country
With its good old-fashioned ways,
For the country folks whose friendship
Brighten e'en the saddest days.
—Ruth Raymond.

A Plea for the Flowers.

Until recently, the Northwest was considered by the majority of people a cold, dreary, unproductive section of country; then they were gradually forced to believe it was possible to raise grain there; but even yet it is not generally known that from the opening of spring the vast rolling green prairies are profusely adorned with an almost endless variety of flowers.

One peculiarity of the flowers in this locality is that so many of them are so deliciously fragrant.

About the beginning of April we are greeted by the little blue or lavender crocus, a member of the primrose family (and, by the way, it is the emblem of Manitoba). It is immediately followed by the Canadian sweet-pea, a plant resembling the ten weeks stock in growth, a bright, yellow sweet-pea in bloom and an early hyacinth in fragrance.

Canning Fruits and Vegetables.

To perfectly preserve fruits and vegetables two things are necessary; that each particle shall be thoroughly cooked, to prevent fermentation and destroy all bacteria or spores of organisms that might set up decomposition, and that it be enclosed in air-tight receptacles to guard against any further decomposition. It is also desirable to preserve it as nearly as possible in its natural form and state.

Only perfect products should be used for canning, which should be carefully prepared.

Cans should be in readiness that have been tested by filling with hot water, placing upon each a rubber and cover and turning top down for a few minutes. If any water escapes, the can is not air tight, and either the rim of the cover must be straightened with the hammer to make it so, or another cover found that will stand the test. Only new rubbers should be used, and some times two will make the can air-tight when one fails. Keep each cover, rubber and can together that has been tested, and scald each thoroughly just before filling.

When canning fruit have a hot syrup ready which may be made as heavy or sweet as the nature of the fruit requires. Strawberries and raspberries, two parts of sugar and one of water make them none too sweet.

Place the prepared fruit carefully in the can, shaking gently to compel it to settle, and pour over it the hot syrup. Scald the rubber and can cover and turn the cover on but do not screw tightly. Set the can thus filled on a loose frame of sticks or a bed of straw in bottom of boiler in water that is quite hot in which they should be submerged to the lower rim of the covers. Put on the cover of the boiler, bring quickly to the boiling point and boil fifteen to twenty minutes or until the fruit seems thoroughly cooked, but not long enough to cause it to break up.

Dip out some of the water so that the cans may be easily lifted from the boiler, take off the covers of any that are not full and fill brimming full of syrup that has been kept hot for the purpose, and turn down all the covers as tightly as possible. Stand the cans on their tops over night to make sure

that none leak. Put away in the store closet or cellar, and protect from the light to preserve the color of the fruit by placing in closed cupboards or boxes, or wrapping each closely with paper. Thus carefully canned fruit will keep perfectly any length of time.

Some prefer to steam apples, peaches, pears and plums before placing in the cans and pouring the hot syrup over, but the fruit is liable to be more or less broken up, and it may be just as thoroughly cooked in the cans as described above, and its shape will not be injured.

Vegetables are as successfully canned as fruit by this method, but require longer boiling, and only boiling water is used to fill the cans. Boil pint cans three hours, quart cans four. The cans should not be packed; simply filled and the can shaken a little, then fill with hot water. If filled in too closely it is difficult to heat the mass through quickly and the spores of the micro-organisms that cause decomposition may not all be destroyed in the center of the can, and will get in their work later.

The work of preparing the products and getting them into the cans should be done as quickly as possible after they are gathered, as the longer they are exposed to the air the more bacteria gather upon them. Particularly is this the case with those that have to be peeled or cut, as peaches, pears and apples, string beans, sweet corn and tomatoes, and even removing the stems of berries leaves an opening for the destructive bacteria.

Fruit juices may be cooked in the same way. Fill bottles just to the necks, stand them in boiler of water not too hot, put cover on boiler and boil half an hour. Have clean new corks ready in boiling water on stove and push them in firmly at once before taking from boiler. If bottles are put away on their tops or sides the liquid will keep corks from shrinking, and so air-tight. But if to stand on a shelf, dip the other half of cork in sealing wax. Fruit juice extracted without cooking the fruit, and cooked thus in the bottles, retains more of its natural flavor.

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