

PROSPECT LAKE

CHARMING SPOT ADJACENT TO VICTORIA



TEN-MILE drive from the city of Victoria, set in a wonderful basin with hills rising on every side and woods reaching down to the very shores, is Prospect Lake, one of the favorite hunting and fishing resorts for Victoria sportsmen. Although few lakes in the vicinity of the city have been fished more than this one, yet its waters teem with trout of all varieties, and there one is sure of good fishing at almost any time. There, too, when the season is on, the experienced stalker will have little trouble in bagging a deer, and it will not take him very long to find the haunts of the game. The grouse hunter as well is wont to seek Prospect Lake, and with handsome results.

The favorite method of reaching Prospect Lake is to drive out from the city, passing through some of the best agricultural and horticultural parts of the district. One may take the Burnside road around the head of Victoria Arm, with its beautiful view of the arm, to the head of Prospect Lake. This road passes many flourishing farms and fruit orchards. Again, the Saanich road may be chosen, by Royal Oak to the east side of the lake. But if the sportsman prefers railroad travel to the beauties of the country roads, he may take the Victoria and Sidney railroad to Beaver Lake station, and take an interesting tramp of two and a half miles to Prospect Lake.

At the end of the journey a beautiful scene greets the eye of the sportsman. Nestling in the midst of the mountains is the lake, a mile in length, perhaps, and half a mile wide. To the northeast rise the Saanich mountains, and on the other side of the lake rise rugged hills, covered with dark green woods. If one looks more closely, he will note cottages scattered here and there about the shores, especially at the head of the lake and on the west side. These are the haunts of those who seek sport about the lake and its shores.

Prospect Lake, like other places renowned for their attractions to the sportsman, is not without its traditions. You will hear them talk of "Bill," who was the first to settle on the shores of the lake. But "Bill" is there no more. One of the first to build a cottage there was Frank Campbell of Victoria, and the cottage of ex-Alderman Baker was one of the next. These cottages are today the favorite resorts of the hunting and fishing fraternity in this district. The Campbell cottage was built in 1891.

For many years fishermen have been making pilgrimages to Prospect Lake and returning with well-filled creels. Yet today some of the largest trout taken in this district are found there. These are of all varieties, salmon trout and a few mountain trout included. Not infrequently the fish caught here run as high as two and two and a half pounds. A year ago the lake was stocked by the Dominion government with trout fry to replenish the supply, so that good fishing is assured for some time to come.

From the shores of the lake one can go into the woods, especially on the west and northwest sides, and run a reasonably good chance of getting grouse or deer. Lewis swamp and the Saanich mountains are the favorite spots for deer-hunting, both being in the immediate vicinity of Prospect Lake. At this season the visitor to the lake will see at all times a few canoes and a skiff or two on the lake, and he will at once decide that somebody is having



good fishing. At several of the cottages by the lake boats are kept for hire, for the use of the casual visitor.

Some of the cottages about Prospect Lake give pictures of an ideal holiday place. Nestling in the woods, with the glassy surface of the lake in front and forest at the back, they are spots that might well tempt the ardent angler and Nimrod for habitation all the year round. The lake will for long hold its own among Victoria's favorite fishing grounds, and today many well known Victoria people pin their faith to it. Among these may be mentioned ex-Alderman John Hall, ex-Alderman Baker, and the Whitaker boys.

FRUIT FARMING DISTRICT

About Prospect Lake, between the lake and the railroad, and also on the road to Victoria are situated fine fruit farms, which have contributed towards making southern Vancouver Island one of the recognized fruit-growing districts of the country. Dairying also is widely carried on, and with the best results.

Fruit culture can be recommended as offering pleasant occupation with the delights of a residence in the country and a sure and steady income if ordinary care and intelligence is exercised. The following extract taken from an article by Rowland Machin, late Inspector of Horticultural Board of California, etc., will be found of considerable interest. "One of the money-winners, one of the small fruits most available to the new beginner is the strawberry. For while getting other fruits ready to yield income, the strawberry can be relied upon to furnish the finance end, the £. s. d. which is so vital to the maintenance of a family." "To the uninitiated the vital question is, what money is there in this strawberry culture? Does it pay? When at school we learned this important lesson, namely, 'What one man has done, another may do.'"

"Herewith are submitted a few figures taken for the season 1906 at Victoria:

Grower A delivered from 1½ acres strawberries 12,556 pounds, for which he obtained \$1,395.10, less 10 per cent. for marketing—or over \$800 per acre—this crop was harvested from one, two and three-year-old vines.

Grower B delivered from less than four acres of one, two and three year old vines, 28,126 pounds, for which he obtained \$2,887, less 10 per cent. per acre for selling, or at the rate of over \$700 per acre.

For other small fruits our lands are equally suitable, such as blackberries, raspberries, gooseberries, loganberries, wine-berries, currants of all kinds, etc. If, in addition to the strawberries, we plant Italian prunes on one-half of this ten acre tract, or five acres. The prunes planted twenty feet apart will give us, discarding fractions, 100 trees per acre, or 500 trees for five acres. The cultivation given the strawberries will keep the trees in the pink of condition.

"At the end of the first year of growth I estimate the trees have increased in value not less than 25 per cent. each, which sum will repay cost and planting of the tree. At the end of the second year the increase in value to each tree not less than 50 cents or on 500 trees \$250. The third year 75 cents per tree or on 500 trees \$375. The fourth year \$1 per tree or on 500 trees \$500, and a possible small crop thrown in. As five year olds, nine times out of ten, a crop varying in value from \$2 to \$4 per tree, often very much more.

Taking the five acres planted in apples, at 24 feet apart we have 75 trees per acre, or a total on five acres of 375 trees. The annual growth on these is equal in value to the prune, so that we have for the first year 375 trees at 25 cents or \$93.75; for the second year \$187.50; for the third year \$281.25; for the fourth year \$375; at five years old fruit will be produced in most varieties of apples valued at least \$100 per acre. Will such a crop and growth justify careful, continuous culture? This is a question each one must answer for himself."

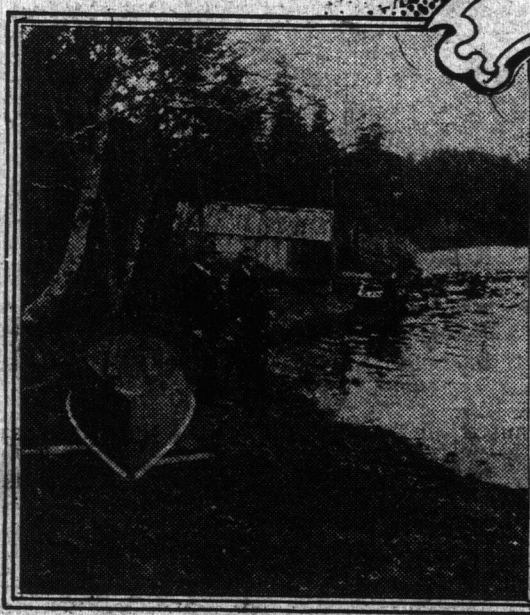
It is a remarkable fact that nearly all the photographs of fruit published by the Provincial government in their pamphlets have been taken in Victoria orchards or in those situated near Victoria. This speaks of itself as to the success that can be achieved in this industry in the Victoria districts.

value as a food. It is one of the cheapest of nutritive foods that can be purchased, and has the great advantage over other foods in that it is almost entirely, if not entirely, digestible. For this reason it is an ideal food for infants. For the adult, however, it does not form the sole article of diet, but is used in combination with other foods which may be equally relished by the person eating them. It may be said that a lunch composed of a pint of milk and ten ounces of bread is more nourishing and satisfying to the body, and will equal in nutritive value a lunch consisting of soup, meat, potatoes, bread, butter and coffee. The former might fail to fill up the same, and lead us to believe that we have not been satisfied, but the filling up process is not by any means a nourishing process.

What has been said of whole milk may to some extent be said of skim milk and buttermilk. The value of skim milk is underestimated. It contains practically all the muscle and tissue forming material of the whole milk, as well as the substances for building up bone and blood. It has also half the heat producing value of whole milk. Comparing the cost of food material in a pint of skim milk with that of a pound of beef, it will be seen at once that the latter is ten times dearer as a food. There is no reason why skim milk should not be sold. Some cities have enacted bylaws prohibiting the sale of skim milk, thereby depriving the poor of one of the best and cheapest foods.

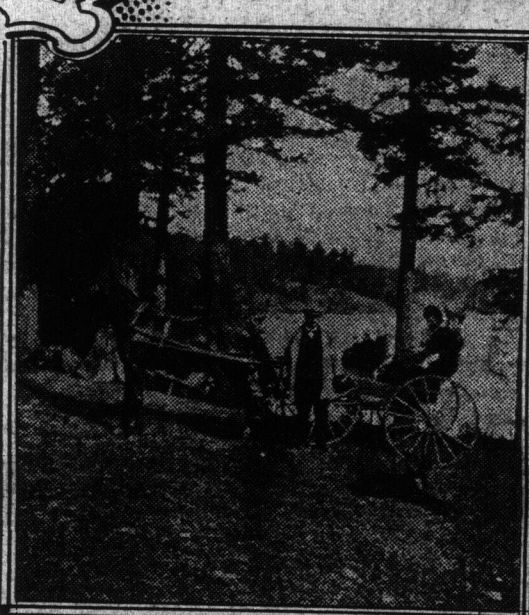
If we desire we can remove a part of these constituents by a simple process. If milk is allowed to stand for some time the cream, which contains the fat, can be skimmed off. The addition of a little rennet or dilute acid to milk will precipitate the casein, which is the muscle and tissue building part of milk. The whey contains the mineral matter and milk sugar, the substances required to form bone, heat and energy in the body.

Milk stands very high in nutritive value and its worth is not appreciated as it should be, especially where we compare its cost with its



In no part of Canada does dairying pay better than in the districts around Victoria. Of all the creameries in operation, the product of the Victoria Creamery is the most highly sought after and commands the highest price. Like all the creameries in the province it is a profitable institution paying the highest prices to its patrons, the farmers in the district, and handsome dividends to its stockholders. Nearly all the stock is held by the farmers themselves. According to the government report of 1906 the Victoria Creamery turned out two hundred and four thousand, eight hundred and ten pounds of butter, the average price per pound being twenty-eight cents.

Poultry raising, another industry of the district, is one of the most profitable of all occupations that can be followed by those who are fond of country life. It is most surprising that no one, so far, has gone into this business in a large way, and that experts in



other parts of the world have not been attracted to this district by the unusually favorable conditions which exist here for making a huge success out of a chicken ranch run upon expert and business like lines. Where else in Canada will such a mild climate be found, where poultry can run out the whole year; where else will be found a market that will pay from 25 cents to sixty-five cents per dozen for fresh eggs, and from twenty to twenty-five cents per pound for chickens of all sorts and sizes? The market here is capable of absorbing all the chickens and eggs that can be raised at these prices, and there is no greater evidence of that than the fact that one wholesale firm in Victoria imports one hundred thousand dollars worth of case eggs per year, the total amount of the value of the eggs imported into the province being over \$400,000 per annum. Several of the most successful poultry men in the Victoria district claim a profit of from \$1.50 to \$2.50 per hen per year.

The Value of Milk as Food for the Human Family



MILK is one of the principal substances used as a food by the human family. In some form or other it enters into the dietary of nearly every man, woman and child of practically all civilized nations. Its chemical and physical make-up are such as to make it specially adapted to the purpose for which it is secreted—to sustain life. Chemical analysis shows that milk is composed of exactly the same constituents as are to be found in the human body. As these constituents are almost totally digestible, it is one of the cheapest foods that man can buy. For instance, a quart of milk contains about as much nutritive value as a pound of beef. A quart of milk can be produced at one-third the cost required to produce a pound of beef. As our people gain a more extensive knowledge of the value of milk as a food and its intrinsic cheapness as compared with other foods, the practice of using milk as a regular article of diet will undergo a remarkable development.

Viewed from the chemical standpoint alone it will be seen that milk is a perfect food in itself. There is another important consideration to be considered, and that is the susceptibility of milk to all forms of germ life. It contains all the substances necessary for their existence and development, and in an impure state milk is one of the most common causes of disease. There is, therefore, no more vital question before those who produce milk for commercial

purposes or who use it from day to day as an article of food, than its production under economic and sanitary conditions.

In order to understand the food value of milk, or in fact any food, it is necessary to have a definite knowledge of the composition of the body and of the kind of food required to sustain life.

Briefly it may be said that the food goes to replace in the body, muscle and tissue, heat and energy, fat, water and mineral matter. Every move we make and every thought we think helps to break down or wear out a part of the material of the body, and in order that we may not entirely wear out and die, the waste that is going on in our bodies must be replaced from the food we eat. It is precisely the same as placing wood on the fire from time to time, the difference being that our fuel is food.

For each different constituent in the body there is a corresponding material in the food. If it is required to build up muscle and tissue, foods rich in muscle and tissue forming substances are used. Of these, meat and eggs are good examples. Fat may be obtained from the same source, or from butter, cream, oils and such foods rich in fat. Heat and energy are obtained from the carbohydrates such as starch of potatoes or the sugars in any form. Water is easily obtained as all foods contain it in sufficient quantities to satisfy the body. Mineral matter found chiefly in the form of bone comes from the mineral matter of the food. Common

Buttermilk is also valuable. It is valuable not only from the standpoint of the material it contains, but also that it is of special benefit to those troubled with indigestion. In composition it contains slightly less protein and sugar, and a little more fat than does the skim milk. It is said that there are germs in buttermilk which fight against the germs causing death to the human body. It is also claimed for this reason buttermilk has a tendency to lengthen life. Besides, a glass of buttermilk is equal in food value to a pint of oysters—and notice the difference in price of these two commodities. Of one thing we are certain, and that is if people would drink buttermilk instead of whiskey, it would probably be better for all concerned.—The M. A. C. Gazette.

It is the man who looks for trouble who generally finds it. When Bishop Dudley was about to transfer the field of his labors to Kentucky, some of his friends were inclined to remonstrate.

"So you are really going to Kentucky?" said one of them.

"Yes, indeed," replied the bishop.

"But do you know what kind of a State that is?" inquired the anxious one. "Why, I saw in the paper that in a Kentucky town one man killed another dead for just treading on a dog. What are you going to do in a place like that?"

"Well," replied the bishop, calmly, "I am not going to tread on a dog."