



The Busy Bees Help Bessie. When Bessie Morton started to cross the fields that bright June day...

A queer, low hum had first attracted her attention. Investigation revealed a dark brown mass hanging from a low cherry tree...

Now Bessie had always supposed that a bee sting was as painful as a hornet's, so she was very surprised to discover that they were not nearly so painful.

Why, I can take care of bees if that is all they hurt, thought Bessie, and hurried back to the house to find a box and see if she could get the swarm into it.

That was her beginning, but Bessie did not stop there. She wrote to the experiment station and got all the literature they could send her...

THE POPULATION OF THE DOMINION INCREASED TWENTY PER CENT. IN TEN YEARS.

The Long War and Readjustment Periods Were Upholding Growth in Population.

Ontario is the most populous province of Canada with a population of 2,899,064, followed fairly closely by Quebec with 2,440,967.

The province of Saskatchewan shows the greatest proportional increase in population since the taking of the last census with an addition of 80 per cent.

The declines in certain areas are readily explainable and were expected. Since the beginning of the century the production of gold in the Yukon...

When I grow tired of gyping, I bought a bit of land; I built a roof against the sky...

My house was neat, my food was good, My bed was soft—and yet Some nights I heard sounds and smells...

That I could not forget! I tried to stay, I tried to eat, I tried to sleep, but oh! One night the wind came calling me...

Population Moving Westward. Prince Edward Island shows a small decline and the other Maritime provinces the smallest increases of population in the Dominion.

them made over four hundred pounds of honey which netted her eighty dollars. She again invested all of the profits in new material and more bees...

When Bessie started across the fields that eventful June day, she was longing to go to high-school and college. She wanted to get out of the rut that the other farm girls were in.

She longed to have more money and be able to buy some of the pretty things she saw in the stores, so her family supposed that they would soon hear of some wonderful plans—now that she was having such fine success with her bees—but she surprised them all by telling them that she would like to take a short course at the agricultural college.

His prejudice against bees had been entirely overcome, so he was very glad to hear that his daughter would be content to settle down on the old farm.

build up another section of the country. It is to be feared, however, that a portion of the lost population were drawn away by the United States in its period of extraordinary wartime industrial prosperity.

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A Healthy Increase. Twenty-two per cent. is a fairly healthy rate of increase for a decade when it is considered that for half this time Canada was entangled in the affairs of war and emerged to become involved in solving the serious problems of the aftermath.

The increasing interest in, and demand for, maple products from points outside Canada is clearly indicated in rising export figures. In 1914, 1,925,443 pounds of maple sugar were exported from Canada, which had increased to 2,899,064 pounds by 1921.

When I grow tired of gyping, I bought a bit of land; I built a roof against the sky. A floor above the sand.

I built a fireplace for my fire, I bought myself a bed, With linen sheets to cover me, A pillow for my head.

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THE MAPLE SUGAR INDUSTRY OF QUEBEC ESTABLISHED ON FIRM BASIS BY GOVERNMENT.

Maple-Vinegar and Sugar Sand Are Valuable By-Products Awaiting Further Development.

An industry which was not a war activity from any viewpoint but which the war stimulated and to which it gave increasing importance, was the maple sugar industry of the province of Quebec.

The maple sugar industry of Canada is confined to the provinces of Quebec, Ontario, Nova Scotia, and New Brunswick. Quebec is by far the heaviest producer with about 60,000 farmers engaged in the industry and accounting for seventy per cent. of the Dominion output.

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Steadily Increasing Production. The earliest records of production show that in the decade 1851-1861 the average yearly output of maple sugar was about 13,500 pounds.

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There is no reason for doubting that this increase in production will continue for the demand for maple products is bound to increase and Canada has a virtual monopoly of the industry, especially of the export trade.

A good deal remains to be done in utilizing the valuable by-products of the sugar and syrup. About sixteen quarts of sap will make a pound of sugar and the average yield of sugar from two to three pounds per tree.

Small Birds With Huge Appetites. Imagine a man eating a breakfast of two sides of bacon and four loaves; a lunch of forty pounds of beef, half a bushel of potatoes, four loaves, twelve large apple puddings, and a few pounds of cheese; and finishing the day with a five-course dinner, each course weighing twelve pounds!

That man would be eating his own weight—and probably would not expect to live long. Yet the robin devours twice its own weight in food every twenty-four hours.

Young birds are great eaters. Sometimes they have to give in when the supply of worms exceeds their capacity, but they make valiant attempts to eat all that is brought to them.

That harsh crier, the raven, is a bird gourmet. If he has been short of food for a few days, and then has the good fortune to find a dead sheep, he gorges until he is unable to fly.

The greatest bird gourmand is the vulture of South-East Europe. Seven vultures can strip the carcass of a horse in half an hour. After such a meal they can fly only a few yards.

Just Prudent. The day before Mandy was to be married she took the few dollars she had saved to her boss, and asked him to keep them.

Mandy, he asked, "why don't you keep your money? You're going to be married to-morrow."

Mandy replied: "Lord bless yo' boss! I ain't gwine t' trust that money in de house wid no strange nigger!"

Work on the extension of the paper mill of the Provincial Paper Mills, Ltd., has commenced, according to A. G. Pounford, manager of the Port Arthur division of that concern.

The annual convention of the Western Canada Irrigation Association will open at Maple Creek, Sask., July 26, and two days later will move to Brooks, Alta., the centre of the Eastern Section of the Canadian Pacific Railway's huge irrigation plant.

HINTS ON HEALTH AND LAUZY



MAKING the best of these things which cannot be helped is a virtue, but putting up with an unwholesome state of affairs which it is possible to improve is a fault.

All too often we imagine that we are bravely bearing some affliction when as a matter of fact it would not be necessary for us to mourn in secret and to "conceal" in public some defect if we would get to work to remove or to improve the condition.

Coveted Shapeliness. How many of us sigh over our unshapely ankles? Yet, if the trouble is not caused by misshapen bones we can do a great deal to alter what distresses us.

HOW THEY BROKE THE NIGHTY GUNS GIGANTIC FORTIFICATIONS OF HELIGOLAND.

Work of Demobilization Began in February, 1920, and Now Nearing Completion. Gone are the stories of the olden days departed in the last weeks of 1919 it was hardly anticipated that twenty-four years later the little North Sea isle, armed to the very edge of its cliffs, would be a pistol pointed at the breast of England.

For the last of the gigantic fortifications which made Heligoland impregnable has been destroyed by the allied order, and now the island, which once bristled with giant guns, is again surrounded with deafening mines, is again the home of simple fishermen.

When the British handed it over to the Germans one bright summer day in 1890 it was hardly anticipated that twenty-four years later the little North Sea isle, armed to the very edge of its cliffs, would be a pistol pointed at the breast of England.

The nation which created this formidable outpost of naval ambitions is itself demitiching it, and in so doing the prophecy of the Kaiser, "The future of Germany is on the water," has met a caustic retort.

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The first element of good government is the beginning of the victory and intelligence of the people.

Remove the shoes and stockings and sit on the floor with your feet raised above the head. This position will increase the circulation of the blood and in the long run will result in a more robust and healthy physique.

Reduce or Develop? Then bind the ankles tightly with a linen that has been soaked in oil. This bandage should be drawn as close as possible, but care must be taken to avoid stopping the circulation.

When the ankles are too tender for beauty, after taking the hot foot bath manage their surface gently with cool liver or sweet almond oil and bind them lightly in a linen band in the same solution.

Cooking Meals by Sun's Heat.

You have only to put your hand on a stone on a bright sunny day to realize how much heat there is in the sun's rays. Collect these rays by means of a lens, focus them to a point on a piece of paper, and it is not long before a hole is burned.

The hot rays are directed on to a boiler coated with dull black paint, this color being used because it soaks in heat. The boiler is filled not with water, but with oil, which can absorb a far greater amount of heat and retain it for a longer time.

Last summer Dr. Abbot did the whole of his cooking by solar heat. A boiler placed on a shelf above the boiler to circulate around areas and so long did the oil retain its heat that he was able to cook an evening meal even if the afternoon had been cloudy.

The solar oven is only a beginning. If we can cook food in this way we can use the heat to do the thousand and one things that are now done by us with coal and other fuels.

To Him Who Plants a Tree. Perhaps our God has somewhere made a thing More beautiful to see Than a majestic tree; But if He has, I think it grows In heaven, by the stream that flows Where whiter souls than ours do sojourn.

Ancient Yucatan. Yucatan is "the Egypt of America." As early as the beginning of the Christian Era, the people there built stone structures of exquisite masonry, towers, temples and pyramids, and a host of other things. They had astronomical observatories, an accurate calendar and a better system of generalship than the Romans.

From here on the treatment differs. If the flesh is to be reduced, apply camphorated oil, rubbing it in, while the skin is soft and the pores open, with strong, vigorous strokes.

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Winter Fishing.

Lake Winnipeg is expected to produce upward of 1,500,000 pounds of whitefish this season, in addition to a large catch of pickerel, jackfish and catfish.

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UNSIGHT AND FAC In the Spring a Tor One of the blood is out of unsightly and come frequent winter to spry the long indolent effect upon tonic medicine right. Indeed no son. Bad blood itself in different same condition and in big pains of poor appetite, exertion. You troubles by the ones you're only and am a name can be pills for their nerves from of the month blood, which stimulates a feeling of no weak, tired children. If this medicine quickly it will be the drop going with the You can get a box of Dr. Williams' Pink Pills for Pale People from any druggist or by mail from Dr. Williams' Pink Pills for Pale People Co., 233 N. 2nd St., Lowell, Mass. 01450. Price per box, 50c. Six boxes for \$2.50. Postage and handling charges extra.