

# THE GROWING HIGH PRICES OF FOOD

The Interview Given by Mr. F. W. Thompson, Managing Director of the Ogilvie Flour Mills Company, Limited, Reviewed by Mr. William C. Edgar, Editor of the Leading Milling Journal of the World, viz., the "Northwestern Miller," of Minneapolis.

The Effect of the Discussion Will Be Far-Reaching, and Will Be a Mighty Factor in Educating the Consuming Public in the Matter of Living Well and Yet Cheaply.

## BREAD, THE BEST AND CHEAPEST FOOD.

In an interview published originally in a Montreal paper, and reprinted in this issue of the Northwestern Miller, Mr. F. W. Thompson, managing director of the Ogilvie Flour Mills Company, makes a strong statement in behalf of bread, when considering the much discussed topic of the advanced cost of living. It is rather convincing proof that this increased expense is due more to luxurious habits than to necessity, when bread remains, as it is, a comparatively neglected article of diet. If people actually felt the pinch of the increase, they would eat more bread and less meat and other expensive foods.

As Mr. Thompson points out, the average family spends more in reading matter and amusements in two months than its entire expense for bread in a whole year; the butter bill is actually double that of bread, and the milk expense nearly three times as much. Mr. Thompson places the average per capita expenditure for bread in Canada at less than three cents a day.

Man can actually live by bread alone, if he really wants to do so. The Government reports prove conclusively its nutritive value. It is the healthiest, cheapest and best food in the market, yet while the public is howling over the increased cost of living, and Congress is investigating the cause, while we charge the cost of living to trusts, to the tariff, to the increased production of gold, and to every other imaginable cause that we can think of, we turn stubbornly away from the best and cheapest food, because we have allowed ourselves to grow luxurious in choosing what we eat. We actually pay more for bread, not because it is unimproved, but because it is so cheap as to escape serious consideration.

Both bakers and millers could vastly increase the consumption of their output at this very opportune time by calling the attention of the consuming public to the simple, sound merits of bread as an article of diet. People have overlooked the obvious advantage, both to purse and stomach, of eating more bread, in their foolish devotion to more expensive foods. They need to be reminded of the very easy method of reducing the cost of living, which is within the grasp of every one.

By eating more bread and cultivating a taste for this most wholesome and nutritious food, they can very materially reduce their expenses without neglecting in the slightest a strength and muscle producing diet. The public really does not know how cheap and how good bread is compared to the other foods to which they have turned in their scorn of simplicity. It needs enlightenment and education, and the bakers and millers can individually do the world and themselves great service by exploiting in every way possible the strong and economic position in which bread stands compared to any other food now offered.

It is folly to contend that a man is forced to live expensively, while the consumption of bread is so small that three cents a day represents the average expenditure per capita. Life, wholesome, vigorous, effective life can be entirely sustained, if need be, at an expenditure of only six cents a day for bread. Moreover, people would be infinitely better off, mentally, morally, physically and financially, if they ate more bread and less of other foods.

There are tables which graphically show the difference between the cost of bread and other commodities which the public consumes. They should be placed before the public without unnecessary comment. They tell the true and simple story so plainly that even the most ignorant can understand the meaning. Millers and bakers should, individually and collectively, use their utmost endeavors to get these facts before the public.

In such a showing there lies the answer to the claim of increased cost of living, that is, necessary increase. If a man will, he can emancipate himself entirely from the thrall of high prices which now exhausts his endeavors. He can do so by the simple expedient of turning to the staff of life, never purer, better or comparatively cheaper than it is today, and avoiding foods which are as unnecessary to the proper maintenance of healthy vigor as they are out of proportion, in their cost, as strength and muscle producers. It is the province of the millers and bakers to call back the people to their old allegiance to bread as a sure protection against unnecessary extravagance in living.

The following table was compiled by the United States Government and issued as Farmers' Bulletin No. 142. Note the great difference in food value in ten cents' worth of different articles of diet, and see how ten cents' worth of wheat flour has twenty times the food value of ten cents' worth of eggs. The usual way of comparison is by the pound, but the better way is to compare the same money value.

## WHEAT FLOUR CHEAPEST AND BEST FOOD. UNITED STATES GOVERNMENT TESTS PROVE IT.

ARTICLES.	ENERGY TEN CENTS WILL BUY.
Eggs.....	385
Beef, sirloin.....	410
Mutton, leg.....	445
Milk.....	1030
Pork, loin.....	1035
Cheese.....	1185
Butter.....	1365
Wheat Breakfast Foods.....	1489
Rice.....	2025
Potatoes.....	2950
Beans, dried.....	3040
WHEAT FLOUR.....	6540

(U. S. Department of Agriculture Farmers' Bulletin No. 142.)

## FASTER BOATS NEEDED.

LONDON, March 11.—President Hays, speaking at the launching of a new Grand Trunk Pacific steamer, yesterday, said faster boats, with greater tonnage, between here and Canada must undoubtedly come. They would be the result of the demand for grain on this side. But unless there was a possibility of some attraction for Canadian grain, some advantage or reason why such grain should come to England as against grain from Russia and the Argentine, it was possible that it would be some time before the steamers were needed. He commended that fact to statesmen interested.

## STATEMENT OF A TRAVELLER

IS SURE DODD'S KIDNEY PILLS CURED HIS DIABETES.

Geo. H. Watterworth, of Rodney, Feels Like a Boy Again After Suffering From the Most Deadly of Kidney Diseases.

Rodney, Ont., March 11.—(Special.)—Mr. Geo. H. Watterworth, a well-known travelling salesman, whose home is in this place, makes an unqualified statement that he was cured of Diabetes by Dodd's Kidney Pills. "Yes," Mr. Watterworth said, when asked regarding his cure, "Dodd's Kidney Pills cured me of Diabetes. I took 37 boxes in all, but today I am restored to good health. "I was also troubled with Rheumatism and Headache, my sleep was broken and unrefreshing, but Dodd's Kidney Pills cured that, too. I feel just like I did when I was a boy." Dodd's Kidney Pills cure Diabetes because it is a kidney disease and there is no form of kidney disease that Dodd's Kidney Pills will not cure. Mr. Watterworth's other ailments were caused by diseased kidneys failing to strain impurities out of the blood, and Dodd's Kidney Pills cured them by curing the sick kidneys.

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## LUMSDEN HIMSELF PICKED ENGINEERS

Declares That G. T. P. Commissioners Never Made Appointments in Opposition to Him.

[Special to The Advertiser.]—Ottawa, March 11.—Lumsden committee investigation this morning. Mr. Lumsden was on the stand and was examined by Mr. Lumsden for the first time. He was asked by Mr. Lumsden if he was the person who had been appointed to the position of engineer in charge of the work of districts B and A. He said he was. He was asked if he was the person who had been appointed to the position of engineer in charge of the work of districts B and A. He said he was. He was asked if he was the person who had been appointed to the position of engineer in charge of the work of districts B and A. He said he was.

Mr. Lumsden said that he had not lost confidence in the engineers or in the integrity of Engineer Douce, but only in his carrying out of duty. "Do you think that you would have had more authority over your engineers if you had been chief engineer for the G. T. P. or C. P. R.?"

Because at a meeting at La Tuque the commissioners sided with the engineers and against me in the presence of the contractors, I thought they should have suppressed the matter. "I think they should have consulted me."

Regarding the engineers in whom he said he lost confidence, Mr. Lumsden said he could not make definite charges because he did not know who had made the classification. He would not suggest that the district engineers had changed the principle of classification. He stated distinctly that he made no charge against the engineers of doing intentional wrong. In one case near the Wabane River he had seen a portion placed which had been returned in the classification as loose rock.

## CORRESPONDENCE.

The Dog Pound.

To the Editor of The Advertiser:—As the columns of your highly esteemed paper seem to be friendly to "poor doggie" (and now some of our poor maligned, faithful and patient creature needs friends is daily manifested), I would like to inquire the reason why the dog pound is at present confined in the pound and not mercifully sent to the "Happy Hunting Ground" before, probably, last evening at the banquet. "He did not know whether the statements as to the killing of the unfortunate at Queen's Park were true or not," but gave his assurance that "proper precautions have been taken to prevent any possible repetition of such things in future." It is apparent that the machinery is in order, and it is to be hoped his worship will be present at the next "slaughter of the innocents" to see that his assurance of a merciful dispatch is carried out. Where is London's so-called Humane Society? Seemingly, it is "Rip Van Winkle" in the slumber of indifference. It is an abnormally heavy charge of dynamite might arouse them from their slumbers, but would even that arouse them to action—query?

London, March 10.

## A ROYAL BLACKSMITH

The Story of Queen Victoria and the Postmaster's Umbrella.

LONDON, March 11.—The first couple ever married at Whittingham Church, Mr. and Mrs. Charles Groves, of Alverstoke, Gosport, celebrated their golden wedding on Wednesday last. On Christmas Day, 1907, Mr. Groves made his last appearance at Westminster Abbey as organ-blower, after 24 years' service, retiring on a pension granted by the dean and chapter. Prior to his coming to London, Groves was for another quarter of a century on the Osborne estate, where late Queen Victoria, his employer, was also in charge of the household. Mr. Groves was sent by the late queen to the headquarters at Southwark to undergo a course of drills.

Mr. Groves recalls an interesting boyhood incident. On the day of the first visit of the late queen and prince consort to Osborne they were over-refuge beneath a bush until Groves' father (who was the local postmaster) provided them with an umbrella.

The queen gave Mr. Groves a £5 note, and afterwards took a keen interest in his family. His umbrella is still in the possession of the family. Groves used to assist his father to shear the sheep, and the king and princess royal would come over to the farm to witness the work. While at the Abbey Groves was a prime favorite with Sir Frederick Bridge, who was greatly tickled by a remark which he once made.

"You can do most things, Groves, but you can't play the organ," Sir Frederick remarked as he encountered him one day in the cloisters. "No, sir, and you couldn't play it either," was the reply. "If I did not look after the engine."

One of Mr. Groves' brothers celebrated his diamond wedding day at Leicestershire on Christmas Day, 1907, but both Mr. and Mrs. William Groves have since passed away. Mr. Charles Groves will be 76 next month, while his wife will be 78 in July.

MORE DEMONSTRATIONS. Berlin, March 11.—During a debate in the Reichstag today on the action of the police in the demonstration last Sunday, Herr Hirsch, a Socialist, said: "We shall goad the people not to slacken asserting their rights."

Franchise demonstrations have been arranged at Breslau and Frankfurt Sunday. The police are preparing to cope with any trouble that may arise.

## MURDER IN WOODS.

Fort William, March 11.—After an inquest into the death of J. Vernah, found dead a few days ago near a trail leading from the Beck siding on the C. P. R. to Camp Beulah, operated by the Dominion Bessemer Iron Company, the jury found that the man had been murdered by a fellow countryman named Frank Mat and the body hidden under a pile of brush and stones in the early part of November, 1909. The police are searching for Matt.

## HE DID SILLY THINGS TO PLEASE COUNTESS

Used to Burn His Hands With Cigarettes to See Him Suffer.

Venice, March 12.—The trial of the Countess Tarnowski, her lovers, Dr. Naumoff and Attorney Prilukoff, and her maid, Elise Perier, for the murder of the countess' second husband, Count Komarowski, in order to obtain an insurance of \$100,000 on his life, was resumed yesterday. There were the usual demonstrations against the countess in the vicinity of the courtroom, which she reached in a gondola, and it is said that if the public continues its attitude of hostility toward her, an application will be made to remove the hearing to Verona. Counsel for the countess says that the ordeal which she has to face every day is telling severely on her nerves.

Lawyer Prilukoff took the stand at the resumption of the hearing yesterday. He made a series of remarkable statements, in which he sought to show that the countess exercised a fascination over him against which he struggled in vain. She treated him much the same as she did Dr. Naumoff, who testified on Tuesday that she used to burn his hands with her cigarettes in order to make him wince, and tattooed him with tatpans, saying that she loved him more when she saw him suffering.

Prilukoff said the countess frequently ordered him to do the most ridiculous things. She forced him to do them by the wonderful power which she wielded over him. Prilukoff declared that the countess was a slave to the drug habit, and took cocaine in large quantities. At this point the countess, who had lost much of her composure during the testimony of the attorney, was seized with a fainting spell and the hearing was temporarily suspended. On regaining consciousness she corroborated the witness' statements to a certain extent by repeating in a low voice: "Cocaine! 'Cocaine!' apparently as a request that some might be administered to her. The countess remained for some time in a state of the greatest agitation.

The trial will last 40 or 50 days longer. Several members of the jury have complained to the court that they have received anonymous letters, mostly in women's handwriting, urging them not to show any mercy on the countess.

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Great Engineering Scheme to Irrigate Tigris-Euphrates Delta.

Constantinople, March 11.—Ominous indications are visible of probable trouble in Turkey, not only over internal reforms but international relations. The Young Turkish party seems to be losing some of its grip on the situation, and the reactionaries are said to be preparing movement for the spring which may involve the intervention of the powers.

I am told, meanwhile, by a prominent Turkish official, that the ministers of the interior and public works are to be reorganized and considerably enlarged. These measures are regarded as necessary because of the more careful supervision of the boardwalk and Ocean. Always open. Orchestra of soloists. Golf privileges. Illustrated booklet.

Abdul Hamid's departure from Stambul was greeted with a sense of relief, but the population of Constantinople now doubts the outcome of the secret military dictatorship exercised by the Young Turks. Many cautious Turks are moving their valuables and their families into Asia Minor, for the feeling is growing that the Young Turks will bring fresh disorders in the capital.

These conditions are particularly favorable to the hothouses of Bulgaria and Greece to run their agitators. Intense irritation prevails in Sofia over the denunciation at Salonika of eight Bulgarian charged with murdering a school inspector, and no amount of clemency now will entirely obliterate it.

As to Greece, the only reason she does not become aggressive is that she has no surplus for war purposes, and, in spite of its bold front, the army is beneath contempt as a fighting force. There is every prospect of trouble enough for Greece at home in the near future, for next to King Peter of Serbia, King George of Greece has the shakiest throne in Europe.

With all these inflammable materials in the near east, it will be a miracle if the spring brings no bloodshed.

Sir William Willcocks, the British engineer, is about to begin the great engineering schemes for the restoration and improvement of the irrigation works in the Tigris-Euphrates delta. At present it is estimated that out of 12,000,000 acres, 9,000,000 are desert and 2,500,000 are fresh water swamps.

Surveys are being made for a great central canal, which will irrigate 2,000,000 acres of the best land in Mesopotamia. It is estimated this land will be capable of producing 1,000,000 tons of wheat and 100,000 tons of cotton a year, while it will also be possible to support enormous quantities of sheep and cattle.

This scheme is of especial interest in view of the success of a British and Turkish syndicate in securing the concession for the navigation of the Rivers Tigris and Euphrates.

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## Every Woman

Is interested and should know about the wonderful MARVEL Whirling Spray. Most convenient. It cleanses, soothes, and relieves. Ask your druggist for it.

## WINDSOR SUPPLY CO.

Windsor, Ont. General Agents for Canada.

## FROM A SHADOW TO ROBUST HEALTH

IS THE CHANGE DR. WILLIAMS' PINK PILLS MADE IN A NEW BRUNSWICK WOMAN.

Anæmia—bloodlessness—is a trouble confined largely to women and growing girls. Its victims are pale; they lose all strength—the least exertion greatly fatigues them, and they suffer continually from headache and depressed spirits. Nothing will cure anæmia so quickly or so surely as Dr. Williams' Pink Pills—they have cured thousands of cases, not only in Canada, but throughout the world. They do this because they make good blood. Among those cured by these pills, Mrs. T. Chalmer Hartley, East Florenceville, N.B., who says: "At the age of 16 I fell away to a mere shadow. I had scarcely any strength and suffered from all the distressing symptoms of anæmia. Doctors did not help me in the least, but acting on the advice of a friend I began taking Dr. Williams' Pink Pills. They were remarkable change in my condition; indeed, I really believe they saved my life, as I have been well and strong ever since. I also recommended the Pills to a number of my friends, who were similarly run down, and they also completely restored her health."

Every woman and growing girl should take Dr. Williams' Pink Pills occasionally. If you are ailing from any of the many troubles which afflict your sex they will cure you; if you are not ailing they will protect your health and keep you well and strong. Dr. Williams' Pink Pills are sold by all dealers in medicine or direct, at 50 cents a box, or six boxes for \$2.50, from Dr. Dr. Williams' Medicine Company, Brockville, Ont.

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