

## GOOD FOOD AT LOW COST

### BREAKFASTS FOR POOR SCHOOL CHILDREN.

Cereals furnish the Cheapest Energy, says a New York Doctor.

Ignorance of food-values on the part of parents is the principal cause of the lack of stamina and the under-nourishment of certain school children in New York, according to a paper contributed to the current number of the Journal of the American Medical Association by Dr. E. M. Fisher, lecturer on the diseases of children at the New York Polytechnic Medical School and Hospital.

That there are cases where parents are not able to buy sufficient food for their children, he admits, but he prescribes dietaries which are within the means of the humblest.

He speaks favorably of the European plan of providing breakfasts for school children at a nominal price, or of giving tickets to those who cannot pay, provided this can be done without the fact being known by their fellow pupils. This plan is similar to the three-cent luncheon idea for public school children, which is now being strongly advocated.

### TEACH VALUE OF FOODS.

Dr. Fisher believes all children should be taught the nourishing value of food in the schools and how to prepare it before they are permitted to graduate. He would have the boys market and the girls cook. His observations show that the best food often is the cheapest and that appetizing dishes can be made at a low cost.

Of 210 mal-nourished school children whom he studied the physician ascertained that 166 had for breakfast tea or coffee and bread, thirty cocoa or milk and bread, ten milk or tea and egg, four coffee and meal, and one had nothing. He says it is well known that breakfast is the most important meal for the growing child.

He finds that many poor families spend much more than they can afford for food and get insufficient nourishment because of their ignorance of food values. He shows how the cost of living may be reduced and nourishment increased.

### CHEAPEST FOODS BEST.

"Fewer eggs and less butter can be used," observed the physician, "and the cheaper cuts of meat purchased, and the difference can be expended for corn, rice, wheat flour, cereals in bulk, oatmeal, dried beans, potatoes, dried peas, lentils, whole milk and skimmed milk."

"Where the income of a family is very small meat can be replaced to a large extent by these vegetables and cereals, which are much cheaper for their nutritive value. A large variety of fresh vegetables is not necessary or essential; they contain very little protein or energy, and where cost is considered one or two cheaper vegetables are sufficient."

"The cheapest cuts of beef contain more protein and fat and less waste than the expensive cuts, and these with wheat flour, bread, oatmeal, peas and beans furnish sufficient protein very cheaply. The cheaper cuts of pork, flour, sugar, corn meal, potatoes and rice furnish abundant fuel and energy in their form."

"It has been found that the cheapest source in protein is the cereals; next comes meat, the most expensive being vegetables. Fancy high-priced fruits and those out of season should not be used."

### KILLING WITH KINDNESS.

Other People's Children Fed by Unwise Women.

Not long ago the papers published a little heart-interest story of the death of an old lady mourned for by all the school children of a neighborhood. For years she had been "mother" to them all, having in readiness a cookie or a hot doughnut or bread laden with jam or jelly whenever they appeared on their way to and from school. Undoubtedly the mother in her prompted all this desire to please the children to whom her old heart went out. From the point of view of the love which was hers for all tiny folk the story was beautiful, but the bane of the average mother's existence is the man or woman who insists upon feeding another woman's child. Many mothers of to-day study the young stomachs of their children, and few care for the between-the-meal picares. When these things are hot breads or cakes, or sweetmeats and jams, many mothers rebel against the kindness, whatever the intention.

After all, it is the mother who has the wakeful nights and the heartache of seeing her child suffer, and her desires in the matter should be consulted. Of mistaken kindness now and then, and this future claims some consideration.

## IMMUNE FROM ARREST.

Laws of United Kingdom Cannot Apply to King's Servants.

Although it is generally known that the laws of the United Kingdom cannot affect in any way the King or any member of his family, most people are not aware that no civil action can possibly lie against the servants of his majesty, including lords of the bedchamber, and other officers of the household. The employees of the King, while being immune from arrest, cannot go free if they commit a crime, however. All misdeeds committed within the precincts of the royal palace and residences are tried by special courts, presided over by the lord steward, treasurer, comptroller and master of the household.

Any crimes committed by the servants at Buckingham Palace are adjudicated on by the Board of Green Cloth, whose powers are limited to a circuit of twelve miles from Whitehall, while the Court at Marshalsea, which dates from the reign of Henry VIII., administers justice between the King's servants at Windsor and elsewhere. Both courts are ruled over by the high officials stated.

Members of Parliament cannot be arrested while actually within the precincts of the Commons, and they are immune while Parliament is in session and for forty days before and after. It will be remembered that in 1893 a metropolitan police officer made an attempt to arrest a member of the Irish parliamentary party in Palace yard. His colleagues were greatly upset at the incident, and the adjournment of the House was moved, a committee being appointed to consider the alleged breach of privilege. The breach was finally affirmed, and the unfortunate officer was severely censured by Parliament.

Barriers on circuit, solicitors engaged on a cause, and witnesses in any cases are temporarily protected from arrest, and clergymen enjoy the same privilege while actually conducting divine service.

Except on felony charges, peers of the realm are immune from arrest. If they are arrested for treason or felony they can demand to be tried by their fellow nobles, and should they have the misfortune to be sentenced to death they can exact the use of a silken cord instead of the hempen rope commonly used by the public hangman.

The members and servants of every one of the foreign embassies to the Court of St. James cannot be touched by our laws, even if they commit murder. The official headquarters of the representatives of foreign powers in London are the territory of the particular country or state which the embassy in question represents. This being so, the laws passed by Parliament are not operative on the King, have no effect upon the persons residing in the little foreign "countries."

## GRAIN FOOD IS GOOD FOOD.

Cereals Always Have Been Man's Main Support.

According to modern analysis, as well as to well founded traditional knowledge, there is an amplitude of potent and strength-giving factors in oats, corn, wheat, rice, and other varieties of the graniferous products to warrant their use as a mainstay and staple of food. Bread has been for centuries recognized in the telling, popular phrase as "the staff of life," and popular phrases are usually founded on sound experience. Going back to the roots of the language, our word "lord" is derived from the Anglo-Saxon words "loaf-ward"—the loaf-keeper or dispenser, who was of course, an important feudal figure. The Roman mob cried, "Panem et circenses!" For grain and pleasure.

Despite the strictures of dyspeptic Carlyle, the Scotch with their oatmeal cakes and oatmeal porridge are a robust race. The Chinese have for centuries flourished on the fare of rice; the aboriginal Americans had maize as their chief food; the Southern Latin peoples partake mainly of spaghetti, and the northern peasantry eat their bread made of various grains.

## SEAWEED FOR FOOD.

Choice Dessert Is Made From the Weeds.

Thousands of Chinese and Japanese literally live on seaweed. These people derive a large income from gathering and selling the ordinary seaweed. More than 3,000,000 yen is derived by the harvesters of the deep each year. This does not include the large amount of the product consumed by the natives.

Certain kinds of seaweed is used for food and by-products, which represent thousands of dollars annually. A choice dessert is made from weeds gathered on the southern coast of Japan. This is mixed with sugar and sprinkled with rum.

There are families on the coast of Japan whose ancestors for hundreds of years have lived entirely on the seaweed gathered from March to November and sold for food.

## GERMANY'S MODEL CITY

IT IS RUN FOR THE GOOD OF ALL THE PEOPLE.

Dusseldorf Shows What Municipal Ownership can do for Cheap Living.

"Of all the German cities, I think Dusseldorf is easily the first," writes Frederick C. Howe in *Hampden's Magazine*. "It is not an old residence city like Dresden or Munich. It is a comparatively new city like Cleveland, Milwaukee, Indianapolis or Kansas City. Its population was but 60,000 in 1871. It is now 300,000."

"Dusseldorf, too, is an industrial city of mills, factories and workshops. It might be as unalluring as Pittsburgh. It might be ruled by business men in their own interest, as are most American cities; it might be built without beauty and suffer from the corruption that has brought shame to Pittsburgh, Philadelphia, San Francisco, Denver, Cincinnati and a score more. But none of these things is true of Dusseldorf."

### FIRST AIM IS PEOPLE'S GOOD.

"This industrial city is one of the best governed cities in the world. It has dreamed dreams and dared to carry them into execution. It is almost as beautiful as Washington, as full of the joy of living as Paris and is managed with more scrupulous honesty, more scientific efficiency and more devoted pride than almost any American business corporation. The city is built for the comfort and convenience of its people. It is designed as a master architect might design a world-fair to which all mankind was invited for education, recreation and art."

"But the first thing that most distinguishes Dusseldorf is this: her people and her officials seem to appreciate that congestion of population has made it necessary for the city to own many things and do many things. And these German citizens understand, too, that the things the city does not own must be regulated and controlled to prevent them harming city or citizens."

### BIGGEST MUNICIPAL OWNER.

"Dusseldorf does more things for its people than any city I know. It owns the street railways and the controlling interest in a system of interurban railways; it owns its harbors and its docks and its slaughter-houses, its gas, electric light and water plants; it operates three separate banking and loan enterprises, a large wine business, several restaurants and milk depots; it owns and rents suburban villas and large apartment houses; it is a great land speculator and city land owner; it possesses art galleries, an opera house, museum and exposition hall, and indirectly owns the leading hotel in the city. It has public baths and cemeteries and pawnshops."

"Dusseldorf has made a beginning at housing its people. It is the owner of suburban villas and a model tenement houses and is a stockholder in a scheme of co-operative apartment houses in which the workmen were joint owners."

### CHEAP HOUSING SOLVED.

"The country villas rent for from \$6 to \$7 a month. A three of four room apartment in the city rents for about the same sum. The rooms in the latter are twice the size of those of the tenement houses of America, and all of them have outside air."

"These apartments are as clean and sanitary as can be. The co-operative apartments are built about courtyards which serve as playgrounds and are surrounded by flower gardens. There is free water and a scullery with every flat of three rooms or more."

"In order to secure an apartment the tenant must become a shareholder in the company, buying \$5 worth of stock. The tenants are not the recipients of charity. On the contrary they are part owners and co-operate in the management."

"They select a house manager, who collects the rents and represents them before the company. The tenants stockholders receive 4 per cent. a year on this investment and the company agrees to redeem their stock at any time on six months' notice. There are five hundred such apartment houses in process of building."

"If the Dusseldorf workman wants a house of his own it is made easy for him to acquire one. He can borrow money from the City Mortgage Bank, the annual business of which amounts to above \$5,000,000. He can also place his money in the City Savings Bank, which has deposits of over \$10,000,000, and if he is in distress he can go to the city pawnshop and make a loan on his chattels at a moderate rate of interest. The loans of the pawnshop amount to \$300,000."

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## ELECTRICITY AND PLANTS.

The simplest of all methods of applying the supposed stimulus of electricity to growing plants appears to be that of Monsieur Basty of Antwerp, Belgium. He sets up- right in the ground metallic rods, furnished with unoxidizable points, and penetrating to the depths of the roots of the plants to be treated. These miniature lightning-rods are supposed to collect atmospheric electricity and conduct it into the soil. The area of action, Monsieur Basty calculates, is a circle of radius equal to the height of the rod. As many rods as needed may be employed, at proper distances apart. As applied in a garden at Antwerp for several years past, this method is credited with having increased the yield of lettuce, strawberries and similar garden products from twofold to fourfold. Monsieur Basty's observations seem to have been conducted with care, and have attracted considerable attention, but his conclusions need to be confirmed by similar experiments elsewhere before they will be generally accepted.

## THE LIPS IN COLD WEATHER.

The lips are sensitive in cold weather on account of the extremes of temperature to which they are exposed: the warm breath from within and the frosty air without, as well as on account of the thin membrane which covers them.

A healing lip salve is made of sweet oil, one ounce; white wax, one ounce; spermaceti, one drachm. Put in a piece of alkanet root and color it while melting. Strain and add a few drops of perfume.

When the abrupt and annoying little eruption commonly called "cold sores" appear, if touched frequently at the very beginning with spirits of camphor or powdered alum they will often dry up and disappear. Sometimes a mixture consisting of one teaspoonful of glycerine and five drops of carbolic acid is efficacious. They usually result from some digestive derangement.

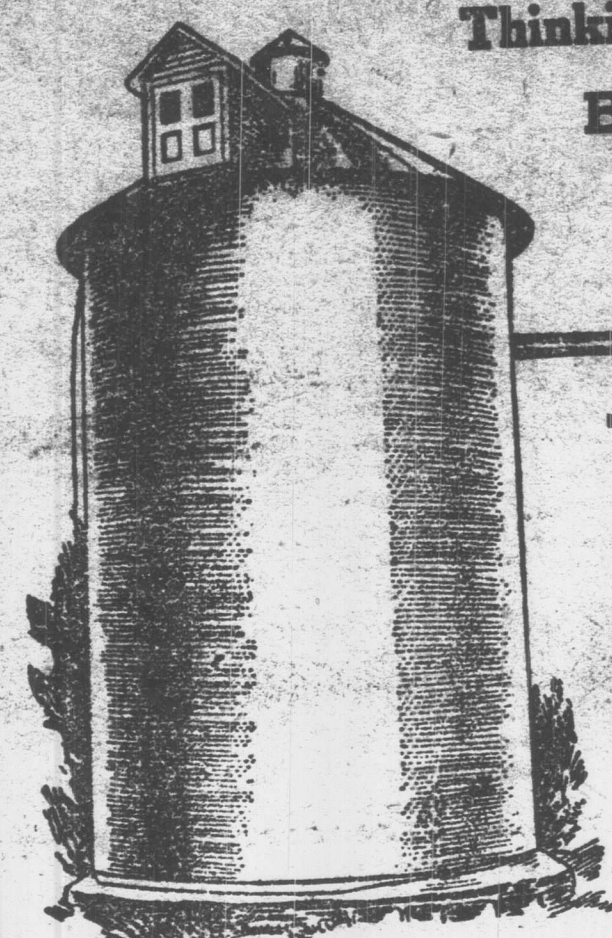
## VALUE OF DEEP BREATHING.

Deep breathing is essential to a full chest. Open the windows for five minutes at a time night and morning, and standing erect, hold deep breaths, using the abdominal muscles to control breathing. Hold as long as you can without straining the muscles and exhale slowly and repeat until there is a sense of fatigue. Be sure you are well wrapped up.

## DOG'S COLLAR, \$2.75.

Two thousand seven hundred and fifty dollars was paid by a nobleman at the beginning of the eighteenth century for a dog collar of gold. A collar of silver, with four small diamonds, costing about \$1,000, was sold to a society lady for her pet pug dog. It is fashionable in France to put gold bracelets studded with jewels on the forelegs of poodles. The plain gold collars with jewelled settings cost no less than \$100, while the jewelled collars run from \$10 to \$350 each.

**Shiloh's Cure**  
quickly stops coughs, cures colds, heals the throat and lungs . . . 25 cents.



## Thinking of Building a Silo? Better Build it of Concrete

THE construction of a silo affords an excellent example of what the farmer can do with Concrete—and of the superiority of Concrete over all other material for various structural work about the farm.

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## MAPLEINE

## On the Farm

### WILL FERTILIZERS PAY?

The aim usually in the use of artificial fertilizers is to supplement soil supplies of plant food as to obtain a profit, and the profits for the different crops will, to some extent, be in proportion to their economical use of the constituents applied. Still one should not be deterred from the use of fertilizing materials, even if the conditions should render the application apparently wasteful or a small recovery of the constituents applied, provided the increase in yield will more than pay the cost of the application. The farmer should calculate what increase in crop it is necessary for him to obtain in order to make the use of fertilizers profitable, and if only this is obtained he should not condemn their use. Many persons seem to have got the impression that there is some mystery connected with fertilizers, and that their use is a gamble at best, and are not satisfied unless the returns from the investment in them are disproportionately large. We very often hear the statement that by the use of certain fertilizers the crop is doubled or tripled, as if this were a remarkable occurrence and partook of the nature of a mystery. Such results are not mysterious; they can be explained; they are in accordance with the principles involved.

In an experiment on celery it was shown that the weight of celery from an application of four hundred pounds an acre of nitrate of soda was two and one-half times greater than that obtained on the land upon which no nitrate of soda was greater than that obtained on the land upon which no nitrate was used, and that very great profit followed its use. This result, while remarkable in a way, was not mysterious; if all the nitrogen applied had been used by the crop there would have been a still greater increase. It simply showed that where no extra nitrogen had been applied the plant was not able to obtain enough to make the crop that the conditions of the season and soil in other respects permitted. In other words, the soil did not contain a complete food, and the nitrogen was necessary to supply the deficiency. Favorable conditions are, however, not uniform.

and variations in return from definite applications must be expected.

It is quite possible to have a return of \$50 an acre from the use of \$5 worth of nitrate of soda on crops of high values, as, for example, early tomatoes, beets, cabbage, etc. This is an extraordinary return for the money invested and labor involved; still, if the value of the increased crop from its use was \$10, or even \$5, it should be regarded as a profitable investment, since no more land and but little more capital was required in order to obtain the extra \$5 or \$3 an acre. It is the accumulation of these little extras that oftentimes changes an unprofitable into a profitable practice.—Prof. Voorhees, New Jersey Experiment Station.

## POULTRY POINTERS.

Barley is between corn and wheat in feeding value.

The early laying pullets are the most prolific egg producers.

The ideal art of feeding is to give enough without completely satisfying the appetite.

Any old hen will lay in early spring and summer, but it is the profitable hen that will lay from now on, while eggs are high.

Certain front houses permit ventilation without a draft and keep the fowls dry and healthy.

If you have a special city trade for your poultry products, attractively, neatly delivered goods hold and wins the trade and brings the fancy prices.

Don't close up everything tight just because cold weather is here; fresh air and sunshine are two necessities for the perfect health of fowls, and to get the best results.

When the ground is cold, damp, and frozen, biddy wants her dust bath. This can be provided by placing road dust that has been stored away for this purpose or by sifted soft or hard coal ashes placed in a box near the window where the sun rays will strike it.

The droppings should be cleaned from the houses at least once a week, and where there are many birds twice and three times is none too often. A dry place should be provided to store them until wanted for fertilizer. Hen manure is ad for fertilizer, and very valuable as a part of the income from poultry. If the by-products of many large manufacturing plants were wasted, there would be no dividends paid. The manure is one of the by-products of the poultry yard.