

## NOVEMBER, 1920

## Faith

It is said that one day when Bonaparte was reviewing some troops, the bridle of his horse slipped from his hand, and the horse galloped off. A common soldier ran, and laying hold of the bridle, brought back the horse to the Emperor's hand, when he said to the man:

"Well done, captain."

"Of what regiment, sir?" inquired the soldier.

"Of the guards," answered Napoleon, pleased with his instant belief in his word.

The Emperor rode off; the soldier threw down his musket, and though he had no epaulettes on his shoulders, no sword by his side, nor any other mark of advancement, he ran and joined the staff of commanding officers. They laughed at him, and said:

"What have you to do here?"

"I am captain of the guards," he replied.

They were amazed, but he said: "The Emperor has said so, and therefore I am."

In like manner, through the word of God—"He that believeth hath everlasting life"—is not confirmed by the feelings of the believer; he ought to take the word of God as true, because he said it, and thus honor Him as a God of truth, and rejoice with joy unspeakable.

## The Real Value of a Salad

It is a far cry from the simple, original salad of "a green or bitter herb dressed with oil and vinegar" to the complex and elaborate mixtures that are called salads on modern hotel menu cards. The simple fresh green, dressed with oil and vinegar, and accompanying or following the heavy meat course, serves to give zest and edge to the appetite again, and in the system acts as a sedative to the nerves by counteracting the stimulating effect of the meats.

Of themselves, the greens furnish little or nothing in actual nourishment, but the minerals in them are of great value in maintaining the alkalinity of the blood that is so essential to good health; for the body suffers quite as much when it receives food that lacks the necessary minerals as when it receives no food at all. From no other source comes such an abundant and varied supply of iron, lime, potash, magnesium, sulphur, phosphorus, and sodium as from the fresh, tender greens and bitter herbs.

In the dressing made with oil or eggs and butter lies the only real food value of these simple green salads; but the proper function of the salad in the heavy dinner is not that of supplying hment, but that of furnis nouri all-essential minerals and acids, and of stimulating the appetite through the attractive color and the pleasing fresh flavor. The bitter herbs-cress, endive, dandelion, escarole — so much used abroad, are not so popular in Canada, and because they are not, we are heavy losers. From the point of view of economy, the "odds-and-ends" salad is to be commended, for it is a satisfactory way of using up the left-overs. It saves reheating; and when the ingredients are well blended with a nicely seasoned dressing, the small amount of meat, fish, or vegetable left from dinner can be served in an appetizing and acceptable way. Many persons omit meats from their summer diet. The salad, plentifully dressed with oil, supplies them with a good equivalent in food value, and at the same time a better and more easily digested form of fat. The vegetable fats, being in liquid form and free from germ infection, are much to be preferred, because they can be eaten raw, and thus are more easily handled by the body. The heating that is necessary for meat fats, although it makes them palatable and safe to eat, nevertheless develops in them a substance that is irritating to the digestive organs.

"These children are the obligation of every man, woman, and child in the Western Hemisphere, for we have suffered less; but beyond this, they are a charge on the heart of the whole world."

Joining in a simultaneous International Appeal made by the LEAGUE OF RED CROSS SOCIETIES, the British Empire appeal of which comes to us through the BRITISH RED CROSS, the CANADIAN RED CROSS SOCIETY to-day issues this appeal to the people of Canada to help

save the lives of children, and the future of humanity. It is hoped that One-half Million Dollars will be Canada's response to this cry from the destitute, the fair proportion of the Prairie Provinces being \$120,000.

THE RED CROSS DIVISIONS OF MANITOBA, SASKATCHEWAN and ALBERTA appeal to the public of these Provinces, as well as to the army of their immediate members and branches, for a prompt and generous response.

\$10.00 will save a child; \$1.00 will give it "saving" food for a month. Whatever our affairs, our troubles and sacrifices are as nothing compared with the misery of Europe. Out of our bountiful harvest, let us help a little in this humane duty.

Send your subscription personally and direct to the Red Cross Headquarters of your Province. This is the first, last and only advertisement of this appeal. It is your part to make the immediate response impelled by your sympathy and your conscience.

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MANITOBA DIVISION SASKATCHEWAN DIVISION -			317 Portage Avenue Red Cross Lodge	-	- 0	WINNIPEG REGINA
ALBERTA DIVISION	-		O'Sullivan Block	~	-	CALGARY

NOTE TO MANITOBA MEMBERS OF THE RED CROSS.—Your subscription to this fund has already been made through your gifts to the Great War Fund of the Red Cross, arrangements having been made to forward the quota of Manitoba Province by direct grant from the funds in hand of the Manitoba Red Cross. This exception does not apply, however, to Saskatchewan, Alberta, or the other provinces, in all of which the direct appeal to the people is being made. Any citizen of Manitoba, however, who wishes to make a further or individual contribution is urged to do so.