

NOVEMBER, 1920



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.

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.