

Our loyal neighbours have profited by our hopeful, but sadly mistaken and optimistic rulers, who so flattered us—and, with their usual push, have started right in at a point we have not yet reached after three and a half years. We would be a proud nation if our rulers' ingenuous faith in our innate nobility of soul were justified, and if we Canadians, whose boys have stood so grandly self-forgetful before the hideous German storm of fire, would take the infinitely less difficult stand against our own contemptible foes—against our pitiful indolence, selfishness, indifference, laziness and cruel unhelpfulness—and mow *them* down as our sons mow down the enemy of the world.

There are numbers and numbers of books giving detailed and valuable facts concerning what might be called the science of saving—the saving and economy that will not in the least lessen the nourishment of the food of the new regime, but will answer all bodily requirements of grown-ups and growing children, especially our boys, who must try to fill the place of our many dead and totally disabled.

There are four classes of food required by our body: (1) Fats, which turn into fat and make heat and energy—found in potatoes, bread, sugar, honey, syrup, butter, dripping and meat fat. (2) Those that form muscle—fish, lean meat, eggs, skim-milk, cheese, brown bread, beans, peas, lentils. (3) Those needed for bone, most necessary for all children—milk, fruit, vegetables, brown bread and oat-meal. (4) To keep the body in a proper condition, laxatives are absolutely necessary, and are best supplied by apples, prunes, figs, and other fruits and green vegetables. Any housekeeper with a little study and thought can manage to combine all these properly, and, for less money and no more work, feed her precious family infinitely better and more healthily than she has ever done, to the immense benefit of their future. It is not a question of time, but of patience, to get a start.

White flour bread should, even without consideration for war needs, be used very sparingly, especially for children of any