

But too few people spend as much time on it as they should. Every economical and ambitious woman should know some facts about this subject. The most of the deaths that occur to-day are caused by eating too much of some class or classes of food. A good meal should be reasonably nutritious and expensive.

The food question used to mean the providing of something palatable and wholesome at a cost within one's reach or means. To-day it implies a knowledge not only of the cost and nutritive value of food materials, their composition and digestibility, but of the balanced rations and the proportion of different food principles necessary for perfect nutrition, and of the way in which this proportion should be varied to suit the needs of a child or of the aged, of the laborer or of the student. We should eat to live and not live to eat. Wholesome and palatable food is the first step in good morals.

The aim of the diet should be (to quote the words of John Milton) "to preserve the body's health and hardness, to render lightsome, clear, and not lumpy obedience to the mind, to the cause of religion and our country's liberty, when it shall require from hearts too strong and sound bodies to stand and cover their stations."

There are five great classes of foods: The Protien or tissue building food; fat or the food which gives heat; the carbohydrates which give heat and energy; mineral matter which aids digestion and purifies the blood; and water which carries off the waste matters, carries food to tissues and equalizes the temperature of the body. The well balanced meal requires something of every one of these classes. Tissue building food is absolutely essential. The amount of food required daily depends on the age, your personal peculiarities, climatic conditions, occupation and sex, and condition of your system.

Mineral matter purifies the blood. Vegetables should be essential in the diet. Turnips and cabbage, although strong odored vegetables, contain a large amount of woody fibre or cellulose. This helps to aid the work of the intestines. Fish is more easily digested than meat; it is called by some people a brain food, but many do not agree with this. It is a good food though for the man or woman who studies or works in offices. It is one of the most natural substitutes for meat that there is to be had. The nutritive value is something similar to but it contains a somewhat smaller proportion of protien. The cost of fish is generally less than that of meat.

The most important of all our vegetable foods are without doubt cereals. Not only do they contain a large amount of nutriment, chiefly, but by no means wholly, in the form of carbohydrates, but their adaptation to different climates and conditions is unusually great. Of them all wheat is undoubtedly the most important. Rice comes next in importance and both have won a good place in the world in connection with dietetics.

Only twenty-five per cent. of the average income should be allowed for food. Therefore it is not necessary to buy high priced foods in order for them to yield high nutriment value. Very often people make the mistake by paying high prices for foods which they think are nutritious but are not. This, of course, is done by people who have not a knowledge of the study of food and food values. Take, for instance, oysters, most of people think they are very nutritious. This is partly correct but it takes four hundred oysters to equal one pound of beef in nutritive value. Many high priced foods merely give variety to the diet.

Very often too, food with a high amount of protien or nutriment value is hard of digestion. Take for example cheese, this contains a high percentage of protien but is very hard to digest. People doing hard and rugged work and those with good digestive organs should eat beans. But when using beans care should be taken not to use too much meat, because they do exactly the same work in the body.

Do not neglect to use vegetables because they contain rather a large amount of mineral matter and as I said before Fruit is the covering of seed and resembles the vegetables very much.



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From a dietetic standpoint the most important function is that of furnishing mineral salts and acids to the body. In the lemon we find citric acid, in the grapes tartaric acid, in tomatoes oxalic acid and in the apples malic acid. Some fruits, like the pineapple, contains ferments that are said to be acids of digestion.

The heaviest meal should be postponed until the day's work is done; it is then that social house joys give the requisite repose to the mind and body.—Madeleine C. Nicholson, Kelwood, Man.

There are hermit souls who dwell apart in the place of their self-content. There are souls like the stars that dwell apart in a fellowless firmament. There are pioneer souls that blaze their path where highways never ran, But let me live by the side of the road and be a friend to man.

Let me live in a house by the side of the road where the race of man go by, The men who are good and the men who are bad as good and as bad as I; I would not sit in the scorners seat or hurt the cynic's ban, Let me live in a house by the side of the road and be a friend to man.

I see from my house by the side of the road, by the side of the highway of life, The men who press with ardor and the men who are faint with the strife, But I turn not away from their smiles nor their tears, both parts of an infinite plan, Let me live in my house by the side of the road and be a friend to man.

I know there are brook-gladdened meadows ahead and mountains of various weight,

That the road passes on through the long afternoon and stretches away to the night.

But still I rejoice when the travellers rejoice and weep with the strangers that moan.

Nor live in my house by the side of the road like a man who lives alone.

Let me live in a house by the side of the road, where the race of men go by, They are good, they are bad, they are weak, they are strong, wise, foolish, so am I.

Then why should I sit in the scorners seat or hurt the cynic's ban? Let me live in my house by the side of the road and be a friend to man.

If the noble sentiment expressed in this poem were the guiding influence in each life, then forever would the tongue of scandal be silenced. Then would come to pass that golden age depicted by Burns:

"When man to man the world o'er,
Would brithers be and a' that."

HOLDING HIS TONGUE.

The man who speaks a dozen tongues, when all is said and done,

Don't hold a match to him who knows how to keep still in one;

The talker cops some good things here, things much to be desired;

The silent man cops these and more, and doesn't make folks tired.

Oh, you can have life's good things brought right to you if you will;

Throw out your chest, put on a frown and just keep still.

The man who's known as "silver-tongued" may fool folk for a spell; Some few make take him at his word, believe all he may tell About himself for just a while; but soon he'll make a slip, And he'll be nicely put away, knocked out by his own lip; Oh, you'll get money in the bank and dollars in your till If you'll put on a thoughtful look and just keep still.

Full many men are dead and gone who died for want of breath. And many who while still on earth have talked themselves to death; More sharper than a serpent's tooth is man's own reckless tongue When hung inside an open face and all too loosely swung.

Close up your face and ope your ears and drink in to your fill This sage advice: Throw out your chest and just keep still.

In public life's few lower rounds are some who chew the rag, And some from dewy morn till night sail in and punch the bag. Because they like the sound of it; but list a while, you'll find The louder is the noise it makes the more it's filled with wind. Be good and hush and you will get a great reward, you will; Throw out your chest and smile, or frown—but just keep still.

In every scheme involving human action, there are three elements always to be taken into account: time, place, and agency.—Lew Wallace.

Some of the wisest of the race have been men who have scarcely been beyond home, read little, felt and thought much.