

about the comparative digestibility of different foods. Food may leave the stomach very soon after it is swallowed, and then remain in the duodenum for hours. In fact, the more important part of digestion is carried on, not in the stomach, but beyond. Symptoms which were formerly supposed to indicate stomach trouble or acidity or gas or ulcer prove to indicate rather some abnormal state of the duodenum or other organ. The "stummick," long-suffering and much-abused organ, isn't an essential of life; a man may live quite comfortably without one but he can't live without a duodenum.

I am going to omit all reference to the caloric value of foodstuffs in the diet, because as soon as you try to pin a man down to scientific facts and figures he grows restive and begins to quote exceptions. Chemical analyses of foods, as printed in the Bulletins furnished by the United States Agriculture Department, for example, are worth investigating if you wish to select foods which are economical in cost and at the same time dependable for nutrition. The caloric content of a given foodstuff, however, is not to be relied upon as the sole guide in this matter, for some foods low in calories are very completely assimilated, while other of high caloric content cannot be entirely digested.

A dish of green peas—not counting the copper sulphate coloring or the solder—or of well-baked beans supplies, pound for pound, all the working energy of high priced beef or mutton. A nickel's worth of peanuts, if you can digest them, will give you as much food as a pound of porterhouse and no liver complaint. The Chinese coolie, on his rice diet, performs the work of a pack animal with no complaint at all. Yet many underpaid American laborer "soldiers," on the ground that he can't work without meat once, twice, or three a day.

Mineral food is something you can't estimate in calories. In the tables of analysis of food you will find the word "Ash"—meaning mineral matter, that is, iron, phosphorus, calcium, sodium potassium, and other elements. Although ignored by most dietitians, mineral food is even more essential to life than is animal or vegetable matter. Animals fed on demineralized food will starve to death.

The role of mineral food is partly that of a nutrient, but more especially it is a vital factor in the process of osmosis. Osmosis means the interchange of fluid between tissues. Such important functions as absorption, secretion, and elimination are dependent on mineral salts for their continuance. This explains why animals succumb so promptly to mineral starvation.

Now it is as yet undecided scientifically whether civilized man suffers partial mineral starvation. One thing, anaemias, insipid imitation of the Staff of Life is assuredly deficient in mineral food; the modern milling process robs the wheat of the chemistry stored in the kernel by Nature. On the other hand, we obtain a generous supply of mineral food from such articles as fresh fruit, green vegetables, and nuts. Brown sugar contains more than two hundred times as much mineral matter as does white sugar. If little ones like it, let them have it spread on their whole-wheat bread a quarter of an inch thick. Physicians in the South find that the pickaninnies wax fat and strong when the cane is ripe, and they declare that there is no evidence of indigestion or worms from the sugar-cane feast.

This being strictly a common sense exposition of the present status of dietetics, we have carefully refrained from discussing such luxuries as butter and eggs. Margarine at twenty or twenty-two cents a pound makes it superfluous to speak of butter in relation to dietetics, and eggs at seven cents apiece places hen fruit in the class of heirlooms. With the kindly assistance of the Agriculture Department it would be possible to be able to select for home use a diet which will make the consumer independent of markets, trusts, and dyspepsia tablets.

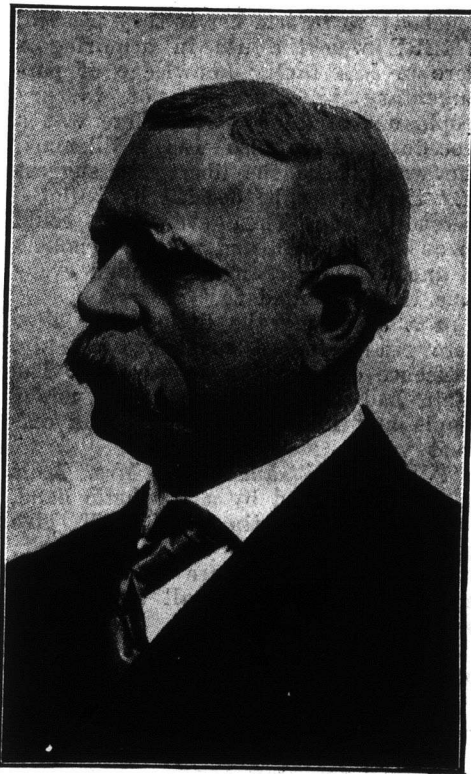
Tourist (exasperated at not being able to get a satisfactory answer): "But, hang it all, man! you surely must know how far it is to the station. Is it three miles?"

Roadmender: "No-no, zur, it ain't so far as that,—not if you 'urry."

The Retiring Manager of Western Canada Flour Mills, Limited

Mr. S. A. McGaw who has been General Manager of the Western Canada Flour Mills Ltd. since the inception of the company some ten years ago, has, after an administration marked with nothing but success, retired from that position. Mr. McGaw has been a real captain of industry in Western Canada, and is a type of the splendid business man, to whom the West is so largely indebted for its progress.

His many activities cover a wide range of interests, touching almost every avenue of business. He is still hale and hearty, and his advice and counsel will remain a valuable asset to the many concerns with which he is associated. He is of Irish birth, with all the determination of his race. Coming to Canada as a boy, he received his education in the public schools of Ontario. It is the Canadian West, however, that offered him a full scope for his initiative, ability, and energy. In 1876 he was assistant manager to A. W. Ogilvie Flour Mills Co. and came to Winnipeg in 1882. From 1889 to 1906, he was western manager for the Lake of the Woods Milling Co. In conjunction with Mr. Andrew Kelly of the Kelly Milling Co. of Brandon, he founded the Western Canada Flour



S. A. McGaw

Mills Co. and the remarkable success of that venture does not require comment. It is generally regarded as one of the most successful Canadian business enterprises. Three sons are worthily sustaining their father's record, one of whom is Wm. E. McGaw, western manager of the company. The youngest, Allan, is serving his country as a Lieutenant in the 79th Cameron Highlanders of Canada.

It would be hard to over-estimate what Mr. McGaw has accomplished for the grain trade of the west; first, as a big miller, then in his capacity as chairman of the grain section of the Winnipeg Board of Trade, and later as a member of the council and president of the Winnipeg Grain Exchange.

Throughout a strenuous business career Mr. McGaw found time for recreation, and among his chief diversions are motoring, golf, h6fses, etc. He is a member of the Manitoba and St. Charles Country Clubs and also of the Masonic Order. All problems affecting the welfare of the western provinces, command his earnest and prompt attention.

Daughter (weeping bitterly): "Oh, do have pity, papa, and let Edward and me be happy."

Papa (naturalist, furiously): "What! You think of matrimony, when you don't even know how many vertebrae there are in the spinal column of a lizard!"

"The Taking of the Guns"

The charge of the Ninth Lancers against German guns in the neighborhood of Mons during the early days of the British operations at the front will live in history among the most heroic deeds of our army. It will also live in poetry, like the Balaclava charge, for William Watson has made it the subject of some stirring lines. "At the cannon in ambush our horsemen spurred, knights of liberty, glory's sons, and slew the gunners beside their guns." The Ninth Lancers had been covering the retreat of the infantry when they were told by their colonel that eleven German guns, on the outskirts of a wood about a mile away, must be taken, and the bugle sounded for the charge. The Lancers dashed forward amid a hail of shrapnel and rifle bullets, riding down the enemy's infantry. As they approached the guns, many of the gunners ran into the woods, but those who remained were cut to pieces. After putting the guns out of action, the Lancers rode back under a fierce fire from other guns on their flank.

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