

The Commercial

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The Commercial certainly enjoys a very much larger circulation among the business community of the country between Lake Superior and the Pacific Coast, than any other paper in Canada, daily or weekly. By a thorough system of personal solicitation, carried out annually, this journal has been placed upon the desks of the great majority of business men in the vast district designated above, and including northwest Ontario, the provinces of Manitoba and British Columbia, and the territories of Assiniboia, Alberta and Saskatchewan. The Commercial also reaches the leading wholesale, commission, manufacturing and financial houses of Eastern Canada.

WINNIPEG, OCTOBER 30, 1893.

Better Food for Less Money.

It is often said that an American family wastes more food than a French family requires to support life, and Prof. Atwater, in the *Forum*, establishes this proposition by showing what the facts are behind it in our own practice. He says: "We waste at the store, the market and in the house enough to make us wealthy if we could only save. The means that might be used for beautifying the home, educating the children, higher intellectual culture, travel and the various forms of benevolence, religious and secular, are lost. A large body of people in this country are saying practically, though not in words: 'To economize closely is beneath us. We do not want to live cheaply; we want to live well.'" Prof. Atwater says that the wage workers use half their money to buy their food, and that the poor are the ones that practice the worst economy and suffer the most from it. One chief reason for this waste is that few people understand what the nutritive properties of different foods are, and his article is chiefly valuable because it indicates the potential energy of the nutriment in different articles of food in calories.

This means the amount of heat and energy which the food imparts to the body. Prof. Atwater states the case very plainly as follows: "Round steak at fifteen cents a pound contains as much protein and energy, is just as digestible and is fully as nutritive, as tenderloin at fifty. Mackerel has as high nutritive value as salmon and costs from an eighth to half as much. Oysters are a delicacy. If one can afford them, there is no reason for not having them, but twenty five cents invested in a pint would only bring twenty-nine grams, about an ounce of protein and 260 calories of energy. The same twenty-five cents spent for flour at \$6 a barrel, or three cents a pound, would pay for 420 grams of protein and 13,700 calories of energy. When a day laborer buys bread at seven and a half cents a pound, the actually nutritive material costs him three times as much as it does his employer, who buys it in flour at \$6 a barrel." Some further details

are worth mentioning. Beef neck, which costs eight cents a pound, contains 218 grams of protein and 2,795 calories of energy. Corn meal, at two cents a pound, contains 518 grams of protein and 20,000 calories of energy. Oatmeal at 5c a pound has 345 grains of protein and 9,190 calories of energy. Sait pork contains nine grams of protein and 7,295 calories of energy. These figures, which show what potency there is in a pound of certain kinds of food, indicate what a man ought to live on if he is to feed himself to advantage and live simply and well. Mr. Edward Atkinson has pointed out that it is possible for our poorer families to live a great deal better than they do, and at a vastly reduced cost, and in these days, when thousands of people are trying to reduce their expenses, it is worth while to know where they can cut the cost and not diminish the nutritive power of their food. Prof. Atwater, who has made extensive studies in the food question, would render an excellent service to the public if he would do much more to popularize this subject.—*Boston Herald*.

Accident Insurance in Austria.

In Austria, as in Germany, the law compels employers to insure the limbs and lives of the workmen, and under the supervision of the State are formed groups of industries, more or less allied, which are again subdivided into risks, according to the nature of the calling. The milling industry is grouped with agriculture, that is to say, with such branches of agriculture as use machinery. It is worth noting that each of these machines is classified by itself. For instance, the steam plow is one degree higher in the risk scale than the thresher, while mowers are on the same footing as the former machines. Austrian millers complain bitterly of this arrangement, alleging that whereas threshers and mowers are highly dangerous machines, the risks of flour mills are quite insignificant; in fact the view held by the spokesmen of the milling trade is that its linking with agriculture is grossly unjust, and calculated to make millers pay for risks that do not belong to their calling. An agitation for the separation of the two allied industries, and for the reduction of the risks on flour milling is promised at an early date.

British Wheat Trade Review.

The London *Miller* of October 5 reviews the wheat trade for the month of September as follows:—

The month's trade began with wheat steady at Mark Lane. At Liverpool 5s 7d was accepted for Californian per cental, and 5s 5d for red winter. On the 2nd new red English wheat was in free offer at Northampton for 26s per qr. On the 4th London was firmer for new English wheat, the excellence of which millers were beginning to find out. On the 5th Liverpool advanced a halfpenny per cental for all sorts of foreign wheat. The Scotch markets of the 6th were not quotably dearer, but on the 7th Bristol was 6d dearer for English and firm for foreign wheat. The markets of the 8th were also firm; 5s 8d was made for Californian at Liverpool. Calcutta No. 2 of the 9th was held for 27s at Mark Lane. The country markets of the 9th were 6d dearer on the week. On the 13th 27s 3d was made for Calcutta No. 2 wheat at Mark Lane, and on the 14th Bristol advanced another 6d for English new corn. On the 15th the Irish markets advanced 5s per ton on the fortnight, and on the 16th Norwich was 1s per qr dearer, Northampton was even stronger, 28s being asked for samples no better than those indiscreetly parted with on the 2nd for 26s per qr. On the 18th London was 1s dearer for both English and foreign wheat, and on the 19th Liverpool was decidedly strong, with 5s 10d asked for Californian, and 5s 7d for red winter wheat. On the 20th 27s 6d was made at Mark Lane for No. 2 Calcutta. The 21st showed signs of re-

action. Supplies from abroad were accumulating, and Birmingham for foreign wheat went back 6d per qr. Value, however, was supported at London and Liverpool on the 22nd, and the country markets of the 23rd were decidedly firm. The London market of the 25th was dull, under extremely heavy imports of flour. Liverpool, on the 26th was accepted 3s 6d per cental for Californian, and 5s 6d for red winter wheat, at which prices a good trade was done. The month closed with firmness, 5s 10d and 5s 7d for Californian and red winter respectively again asked at Liverpool, though resisted by buyers.

September has been a fine harvest month in the north and west, while threshings have proceeded briskly in southern and eastern England. But for the heavy imports of foreign breadstuffs, especially of flour, the market during the last three weeks at least had advanced 1s to 2s per qr. As it is, the improvement has been limited to the finer samples of the English new crop. The American grower, with his under-average yield, has been a more eager seller than either the Russian or the Indian holders of over-average crops. The Continental demand has been active, and has contributed a certain element of strength to Mark Lane and Liverpool.

October comes in with promises of price advance, which the large quantities of wheat on passage may or may not avail to falsify. As the floating supply includes a million qrs. of Californian, only 10 per cent of which is due during the next four weeks, the probability perhaps is that value will harden. The new English and Russian crops are finding favor with millers, nor is the new red winter wheat from America at all poor quality. The new cereal year, whatever its drawbacks, should be a good bread year.

Grain Prices in England.

L. Norman & Co., of London, write as follows on October 9th:—

We have again to report a quiet market since our last advice of the 2nd inst. The increased stocks in America and weaker markets there prevent any improvement on this side and buyers are reserved, only showing a disposition to operate when offered any concession on the part of shippers. American parcels of wheat are steady, though quiet, but cargoes are held above buyer's views. English wheat, owing to scarcity, is firm, and both at Mark Lane and in the country markets is realising more money than the foreign article.

In Canadian grain very little doing, shippers apparently not offering.

Hard Manitobas—Quiet. For No. 1 hard November shipment 28s c.i.f. London is asked, but no transactions recorded.

Barley—Fine English malting still in good demand. Feeding barley has ruled rather lower. No sales of Canadian have transpired, partly owing to absence of samples and inability of shippers to offer in consequence of small deliveries from farmers. A large business has been done in Russian barley from 14s to 14s 6d c.i.f. per 400 lbs. A cargo of Californian brewing barley has been sold at 23s per 448 lbs c.i.f.

Oats—Steady, but for shipment demand very small, and little business has been done. Canadian apparently not offering. No. 2 Mixed American are quoted at 17s 6d c.i.f.

Peas—In London prices have ruled lower. Sellers for prompt shipment ask 25s 6d c.i.f., but no buyers thereat. Liverpool shows a slight advance, but Glasgow has declined 3d per quarter.

Hay—Firmier with more enquiry and higher prices paid. For shipment October to February sellers ask £5 5s c.i.f. with buyers at £5 2s 6d c.i.f. at which figure a large business has been done in London during the week.

A dividend of five per cent. has been declared by the Bank of Montreal on its paid up capital of \$12,000,000 for the current half year.