

"Evidently, you have no objection to German music." "No," said he. "Music has no country."

Now that so many of the internes are well enough to work they are getting restless and pining for something to do. In the neighborhood of Spiez some of them are working in the fields and on the roads, and one civilian is managing a market garden.

How to keep the internes employed is becoming quite a problem. Satan being proverbially expert at finding occupation for idle hands, something has to be done to outwit him. So, the authorities are making arrangements to enable the internes to do the kind of work for which they are best fitted. In fact, all those who are well enough will be obliged to work. Some of them who are students, will be allowed to continue their studies at the Swiss Universities.

Every few weeks the internes in Spiez give a "show" for which a small admission is charged. At the last performance there were some excellent singers, and an orchestra made up of internes; there was also a one-act comedy, which was splendidly acted and much applauded. As the white-haired colonel at our hotel says:—

"We must have something to make us laugh. It isn't good to be too serious."

## What the Women Said and Did in London, Ont.

(Concluded.)

### Food Products at Present Prices.

An outstanding feature of the evening meeting of the Women's Institute Convention, held in the Masonic Temple, Nov. 8th., was an address by Professor Harcourt, head of the chemistry department of the Ontario Agricultural College. He spoke on a subject that is of especial interest at the present time:

In introducing Prof. Harcourt, Mr. Roadhouse said that he was going to solve for us the problem of the present high cost of living. Professor Harcourt protested that the order was a rather large one, but trusted that something might be gained by the audience from a comparison of the comparative cost of foods used to-day according to their food values.

At the beginning of the lecture the accompanying sheets (see diagram) were handed about among the audience for reference.

We value food, said Prof. Harcourt, according to four things—protein, fat, carbohydrates and ash. The plant can create all these by taking up and elaborating the simple things about it in soil and air. Protein is the flesh-forming constituent in foods. From the carbon dioxide that we exhale in breathing, or that is formed in burning etc., the plant can construct the sugars and starches (carbohydrates). With all our knowledge of chemistry we cannot do this that the plant does, for instance storing starch in the wheat grain and potato tuber. Other plants take carbon dioxide and build it into complex fat substances.

Protein is the constituent in our food that forms flesh and keeps the body in repair, and the proteid foods are those that cost us most money e. g. meats.

The fats and carbohydrates are heat and energy formers. They are taken into the blood and burned to give us energy to do work. When we want to do work cheaply we get it out of carbohydrates, but the horse or the person, to have spirit and vim, must have protein too. A growing person needs more protein than the grown person, who does not need to form new flesh but only to keep up repairs.

When we analyze foods we find one rich in protein, another in carbohydrates and another in fats, and in order to compare the relative food value a unit called the calorie, based on fuel value or power to do work, has been adopted. We take as a basis the number of calories. The cheap foods are those in which the protein is as low as possible and yet contains enough for the needs of the body.

Prof. Harcourt here called attention to the distributed page, by which could be seen that rolled oats will give us more calories for the dollar of expenditure than any other food listed. The cereals are all at the top, the meats—which



View of the Rhone Valley, from the Loetschberg.

are the expensive foods—at the bottom. The second column gives the unit of protein that would be in what one could buy for a dollar. By comparing the list we can see how much protein we get for our money. Rolled oats stand high in energy-producing power and protein; skimmed milk is the cheapest source of protein we have, and buttermilk next. Cereal foods, then, along with milk as a source of protein, are our cheapest foods, and it is to be remembered that a pound of digestible protein from one source is just as good as from

### Protein, Fat, Carbohydrates, and Fuel Value of One Dollar's Worth of Each Food.

	Price	Protein lbs.	Fat lbs.	Carbo-hydrates lbs.	Fuel value calories
Rollled oats.....	\$.05 per lb.	2.5	1.36	14.3	36,950
Fall wheat flour.....	4.80 " cwt.	2.0	.02	15.8	33,950
Corn meal.....	.05 " lb.	1.31	.25	16.26	33,735
Farinas.....	.05 " lb.	1.9	2.0	15.6	33,394
Spring wheat flour.....	5.35 " cwt.	2.2	.02	14.00	30,216
Rollled oats (package).....	.25 for 4 lbs.	2.00	1.09	11.5	29,560
Sugar.....	8.00 per cwt.			2.5	23,250
Farinas (package).....	.15 for 2 lbs.	1.26	1.33	10.3	22,207
White bread.....	.16 for 2½ lbs.	1.31	.31	7.6	17,905
Buttermilk.....	.10 per gallon	3.0	.50	4.8	17,362
Skimmed milk.....	.10 " "	3.4	.30	5.1	17,070
Potatoes.....	2.25 " bag	.97	.5	7.0	16,930
Malta vita.....	.10 " 12 oz.	.74	.10	5.87	12,716
Toasted Corn Flakes.....	.10 " 12 oz.	.42	.11	6.06	12,517
Grape Nuts.....	.15 " 17 oz.	.81	.07	5.56	12,143
Milk.....	.08 " qt.	1.04	1.27	1.66	10,402
Shredded Wheat.....	.13 " 12 oz.	.66	.05	4.42	9,659
Beef, flank.....	.14 " lb.	1.21	1.36	—	7,970
Butter.....	.45 " "	0.02	17.6	—	7,704
Cheese.....	.30 " "	.93	1.22	1.4	7,138
Mutton chops.....	.24 " "	.56	1.20	—	6,106
Ham smoked.....	.28 " "	.51	1.19	—	5,963
Beef, sirloin.....	.25 " "	.66	.90	.65	4,000
Beef, round steak.....	.24 " "	.79	.53	—	3,718
Lamb, hind quarter.....	.27 " "	.61	.60	—	3,672
Ham, smoked and cooked.....	.45 " "	.44	.50	—	2,930
Eggs.....	.48 " doz.	.37	.29	—	1,912

### One Dollar's Worth of Foods at Old Prices.

Spring wheat flour.....	\$3.00 per cwt	3.90	.03	25.1	55,000
Rollled Oats.....	7 lbs. for 25c.	3.5	1.9	20.0	51,730
Farinas.....	6 lbs. for 25c.	2.3	.24	18.7	40,070
Potatoes.....	90c. per bag	2.18	.10	15.6	33,492
White bread.....	2½ lbs 10c.	2.10	.5	12.2	28,710
Beef, flank.....	8c. per lb.	2.12	2.37	—	13,944
Cheese.....	17c. per lb.	1.63	2.16	.24	12,593
Beef, sirloin.....	18c. per lb.	.92	.90	—	5,509
Eggs.....	25c. per doz.	.79	.56	—	3,853

Proteins are the flesh formers.

Fat and Carbohydrates are fat formers and heat and energy producers.

Fuel value—It is now generally considered that provided there is enough protein in the diet, the power of the food to produce heat forms the best basis upon which to compare the value of the foods. The last column, therefore, shows the relative value of the foods, assuming that there is enough protein in the diet to do the work required of it.

another—as good from cereals as from meats, although the meats are more digestible. Comparison of eggs and meat depends on price. When a dozen of eggs sell for the same as a pound of sirloin, eggs are the cheaper food.

Potatoes at \$2.25 a bag stand well up in the list. Milk at 8 cents a quart is cheaper in food values than the meats.—the figures in the list will stand study.

In reply to a fire of questions Professor Harcourt said: (1) That cream with oatmeal adds to the food value, as also do milk and sugar. For some, milk and oatmeal may be too rich in protein, the individual must study his especial needs. Cornmeal and milk present a better balance and a very excellent food. (2) Boiling oatmeal for 8 hours as often recommended increases its solubility, and, for most people, improves its flavor and consistency, but experiments have shown that there is not 1 per cent. difference in digestibility whether boiled 20 minutes or 8 hours. (3) Skimmed milk is very digestible and very nutritious. We give it to stock and it makes good pigs and calves; it also makes splendid children. It is one of our cheapest foods. It supplies protein; the oats and bread with which it may be served supply the necessary fat and carbohydrates. (4) Cornmeal and wheat farina do not need as long cooking as oatmeal to secure solubility.

Upon the whole, Prof. Harcourt said, we could live on about one-tenth of what we do, if we were contented to leave out the frills that tickle the palate.—Whereupon a voice called, "I wonder how long the men would stand that?"

To the question as to whether whole-wheat bread is better than white bread the lecturer replied that it depends wholly on the individual. We get more nourishment from white bread, but some people require the coarser.

In closing Prof. Harcourt said that he did not advocate doing without meat; he merely thought that many of us could do with less. By considering real food values we can pick out those foods that will supply our requirements at a greatly reduced cost.

Mrs. Gordon Wright of London gave a short talk on the Emergency Corps in which women may enlist to release men to go the front.

Lieut. Col. Brown, who has been months at the front but is now training men in London, made a statement that we publish with much pleasure. He had been asked repeatedly if supplies sent for the soldiers by the Red Cross were being sold in Flanders. To this he could only reply by an emphatic NO. Supplies are being given free, "and," he added, "I only wish you could see the appreciation on the faces of the men when they get them."

### Address by Major Thompson.

Major Thompson, a returned chaplain, who had come from Ottawa to speak at the Convention, delivered a very stirring recruiting speech. Young men of military age, he said, should not be seen here in audiences in such numbers. In Britain, if not at the front they are working hard at munitions.

The Women's Institute, he believed, would find a great work in many ways when the war is over; soldiers will come thronging back, and many of them will want to do out-of-doors work and will go to the country. A definite helping hand must be extended to them by both people and Government else they may prove an acute problem.

Major Thompson gave much praise to the great work the women of Canada have done; but some of them, he said, have not yet seen clearly what the struggle means, and are holding back their contributions. No greater handicap for his future can be put upon a young man than to hold him back in this day of world crisis. The Chief of Staff of Britain has told us that we will need to devote all our men and all our resources. The more we send now the smaller our loss; the longer we wait the longer the suffering and loss.

Our splendid boys at the front are proving themselves perfect men and perfect gentlemen. Sometimes even the "black sheep" are covering themselves with distinction, as did three glorious "scalawags" at Festubert. He admired the spirit of one old mother who had five boys at the front and whom he had met recently in her wheel chair. "If I were a man, by jingo I'd go too!" she said.

Privates Fleming of Sarnia and Jackson