

## YOUR DOLLAR AND WHAT IT WILL BUY

The Expert Housekeeper Can Still Get a Dollar's Worth of Food for That Sum, if She Knows What to Select, One Domestic Science Expert Declares

(New York Star)

Some people, no matter what the crisis of the catastrophe, always save the universe by keeping their heads. While all the agitated mob whose rebellious acts are quite indispensable if this world is to move are raving away in the market place some more conservative and even a little more constructive person always comes forward to suggest that things may be terrible, but there are ways humanely possible out of the difficulty without all this social revolution. And even though you may think the social revolution and the boycott on Spanish onions to be one and interchangeable, you cannot if you will listen long enough but admit that this person has some sense.

The person in this food crisis who has a very keen sense of the gravity of the situation and yet has positively not attacked any pushcart in Greater New York is Miss Helen Louise Johnson, who lectures on home economics for the Institute of Arts and Sciences of Columbia University. The reporter heard her talk the other day on "What My Dollar Can Buy," and then later talked with her and learned that things after all were perhaps not so bad as they seemed. At least they would not be if the feminine intellect—that light that always seems to be failing where it is needed most—were to be more consistently and directly applied.

It is Miss Johnson's firm conviction that the supposedly shrinking dollar is really as almighty as ever and that it can buy quite as much food as it could before the present rise in prices. All that is necessary is a little more intelligence in buying. A little more knowledge of the foods, their values, and the possibilities of substitution. "I am continually being told," said Miss Johnson, "that children need this and that, that they must have an endless and varied succession of dishes. Now this is very nice, I admit, and I think everyone should eat as many different kinds of food as possible as long as they are nutritious. But not for one moment would I admit that such a diet was necessary to sustain a child or an adult in healthy efficiency. Unimaginative moderns who have always had everything they wanted to eat forget that civilization has elaborated the diet as it has everything else, and that their forefathers who founded the nation and laid the first stone walls became the pioneers that they were on a bread and molasses youth. I could show you to-day in the flesh a well-known Philadelphia merchant who is 80 years old and a mountain climber whose childhood diet was porridge and milk, porridge and gravy and porridge and treacle—three meals a day until he grew up. And similarly bread and molasses, corn cereal and milk is a wholesome diet for the growing child. Either contains all the food elements necessary for the growing child. And with certain other simple foods added, food that will give the adult more of the proteins and the starches he needs—such a simplified menu would sustain a grown person as well.

"But, cry all the housewives of the country, they do not like it, and the husband will not eat it. Perhaps the one necessary thing if we are to apply the intelligence to the diet is that will power must accompany intelligence in its efforts to eat rationally. It is not what you want to eat, but what you can and should eat, that directs the housewife who really wishes to cope in some fashion with the rising prices of commodities. And she will have gone forward several steps if she will think of that power of resistance, which made it possible for her and still plain survive a primitive civilization as in some way of achievement of that diet."

As hard as it is for people to live with sugar—in a suburb—at 18 cents a pound, Miss Johnson thinks that the very necessity for a sudden intellectualizing of domestic management is what the housewife needs. Just as the industrial reorganization following a declaration of war, which might be, could not but benefit this country. "The more housewives have to worry about their diminishing dollar, and the greater amount of brain that they are forced to put into feeding their family, the less unfavorably will the American housewife compare in the future with the European. There are of course two ways of buying for a household. You can walk into a grocery and stock your house in bulk for a week or a month to come, or you can do as the French housekeeper does—the exact amount of food that you need for that day's menu. And you will have each person's ration so nicely adjusted that waste will be impossible. But the American housewife, who has all ways "just bought" or telephoned her orders to a solicitous grocer, has far to go to obtain that degree of skill.

"For the American housewife in a great many cases has still to apply to her purchases and her menus the four fundamental tests—does it contain the chemical elements necessary to a properly balanced diet? Second, how many calories are you feeding your children? do you give your daughter too many and your son too few? For some housewives, even those who stare gawily enough on the assumption that 3,000 is the proper number of calories necessary to propel a person through one day's excitement, forget that calories

supply energy. They forget that the person who does not lead the violent life of firemen or who does not work at hard labor in the open air for eight hours a day does not need as much nourishment. Girls, who indulge in more ladylike and less strenuous games, require about one-half the calories that a growing boy can make away with. It has been stated that a small boy at a boarding school has to be given 5,000 calories a day if he is to be kept happy, and although we do not know how wise such repetition may be, I do know that as much as required to sustain a lumber-jack in the North Woods, and the lumber-jack leads the most strenuous and exhausting of all outdoor occupations. I have my doubts about small boys. Of course they will eat 5,000 calories of food; they would eat ten if you would set it before them, but do they need it? My advice in feeding small boys is to feed them food that have bulk. Beans, wheat bread, for there and butter. And all the cereal they can stand—even though they may say they do not like it.

The next question that the housewife must ask herself about the food she gives her family is: How much of these dishes I am preparing is absorbed in the system and how much of it is wasted? For a varying quantity of food eaten goes into the system into the form of protein, starch or what not, and so much is left over unabsorbed. Why buy or take the trouble to prepare foods which yield a comparatively small nutritive return? A little knowledge is necessary on this point, and a little knowledge would settle the critical discussion that goes on as to whether you should purchase white or whole wheat bread. Do not fool yourself that you get any more for your money by buying whole wheat bread, for there is a difference much if not more nourishment adjusted to the needs of man in the white bread. But in the coarser food you do get some of the much discussed and supposed necessary vitamins—the elements that are needed by the system if it is not to suffer from the continual slowing modern diet.

"Food values differ for each individual, so that it depends on your husband, your skill as a cook and the conditions of your life whether you can feed your husband and beans three times a day and still keep him happy. For that is what a great many women ask me. But that would not take much ingenuity, and the husband might not reasonably be expected to stand it. But in the fourth fundamental test of a wise diet is the economic one. Are you paying for value in your food? For price is no index of the nutritive value of a vegetable. Witness the cabbage, which like the human head is 75 per cent water."

Miss Johnson believes that the children would become more efficient in the silence back of the kitchen range if they were more familiar with its symbols—if they were instructed for instance, that "For if the tablecloth is necessary to keep parent and child together, the family might well be separated." Unfed we eat but divided our appetite fails us.

"Not that I think individualism in the kitchen is necessary for the safety of the home," she said. "For if the tablecloth is necessary to keep parent and child together, the family might well be separated." Unfed we eat but divided our appetite fails us.

### CHILD'S SEVERE STOMACH TROUBLE

Harrison (Ont.) Father Says Dr. Cassell's Tablets Saved His Child's Life

Mr. Corby, Harrison P.O., Ont., writes: "Our little girl was weak from birth, and though we tried doctor's medicine and other things she got no better. She just lay in her cot and cried, and neighbors all said we could not save her. The doctors said she had stomach trouble, and that her chances were small, yet Dr. Cassell's Tablets cured her. They have been worth their weight in gold to us, for we were just giving up hope of saving our little daughter. I don't think there is any other medicine for children like Dr. Cassell's Tablets. Publish this letter if you like; it may help others as the Tablets helped us."

A free sample of Dr. Cassell's Tablets will be sent to you on receipt of 5 cents for mailing and packing. Address: Harold F. B. B. and Co., Limited, 10 McCord Street, Toronto.

Dr. Cassell's Tablets are the surest, home remedy for dyspepsia, indigestion, nervousness, Anemia, Nervous Affections, Nerve Paralysis, Palpitation and Weakness in Children. Specially valuable for nursing mothers and during the critical periods of life. Sold by druggists and storekeepers throughout Canada. Prices: One tube, 50 cents; six tubes for \$2.50. Price of five. Beware of imitations sold to contain hypophosphites. The composition of Dr. Cassell's Tablets is known to the proprietors, and no imitation can ever be the same. Sole Proprietors: Dr. Cassell's Co., Limited, Manchester, England.

## "LADY OF THE LIGHTHOUSE"

Wonderful Work Done by Miss Winnifred Hunt in France

### BLINDED SOLDIERS Are Aided at Her "Lighthouse" in Paris

What is the greatest affliction which may be put upon a man by the war? The general opinion is that to be stricken blind is the greatest calamity which a soldier may suffer in the cause of patriotism.

It was because she believed this to be the case that Miss Winnifred Hunt left home, work and friends in New York to go to Europe as soon as she learned of the soldiers blinded in battle by shot, shell and venomous gas.

The story of what she has done for hundreds of the thousands of men blinded in the world's greatest war can never be told, but the story will live in the hearts of high honors, the praise and gratitude of France, and is one of the very few whose influential work in the war has enabled her to carry her efforts of mercy to the very trenches.

Miss Hunt is at present in America for a brief stay, and gave a caller some account of what she is doing for the war-blinded men in the "Phare de France," or "The Lighthouse of France," as the institution she has established is called.

Miss Hunt has been interested in helping the blind for a number of years, having been instrumental in the formation of a committee in New York to go to France to help the blind to concerts and theatrical performances. In connection with this she became interested in finding out the needs of the blind.

From this beginning 11 years ago have sprung three model "lighthouses" in New York and a summer camp on the banks of the river, where many a hopeless soul has found comfort and happiness.

At Miss Hunt's headquarters in Paris, she has under her charge a house with more than 40 rooms, large gardens and a court, the whole accommodating besides the 40 or 50 resident pupils the teaching and administrative staff of the institution.

Miss Hunt's staff of instructors is composed of trained workers only. "One would not employ untrained men," she says, "for the blind are so easily deceived. They are the men to whom idleness would prove fatal at least to their happiness. So we have with us every grade of officer from commander to sergeant, and men from civil life who have followed every profession. There are many organizations for the blind in France, but I believe I am correct in saying ours is the best institution in France today for the higher education of the blind."

"I am happy to be able to say that the number of blind men in France is not so great as has been generally reported, but it numbers several thousands. In our lighthouse we can accommodate, beside the resident patients and pupils, about 200 day pupils. They are being instructed in commercial courses, languages, music, stenography, typewriting and all the manual crafts open to the blind. We have the only electrically run printing plant for the blind in France, and it has given great satisfaction. We have a sculptor blinded by the war on our roll, and an architect, and both are finding their way back to their professions by being taught the use of their fingers. The men are also taught to take their part in amusements, and fencing, skating, push ball are all in vogue at the 'Phare'."

"Have we succeeded? I think so, when I tell you a few of our cases. Here is some of the work they have done. One man who had been a cooper of cloth and rug weaving, sweaters knitted by machine, pottery, some of it decorated and well made baskets."

"Now here is a photograph of a man who lost his arms as well as his eyes, and when he came to us he was an idiot. He was a very strong desire to be able to do something. At first we could only give him occupation for 15 minutes, then for an hour, and now he is actively functioning in many things for some 12 hours of the day. I remember when he became able to feed himself he said: 'Now I am as good as a man.' He was married not long ago and I received the compliment of being invited to go on the wedding journey, which, he says, I am actively functioning in many things for some 12 hours of the day. I remember when he became able to feed himself he said: 'Now I am as good as a man.' He was married not long ago and I received the compliment of being invited to go on the wedding journey, which, he says, I am actively functioning in many things for some 12 hours of the day. I remember when he became able to feed himself he said: 'Now I am as good as a man.' 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