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A Man Chooses

The Story of a Struggle to
Attain a Great
Ambition.

By R. W. Johnson.

PART II.

She stirred the oysters, forgetting her own letter, a letter from home, as the postmark told her. "If you were free, Bud, unhampered, maybe you might—"

He missed the acute misery in her voice. Roughly he drew out a chair and dropped into it.

"Of course," he retorted grimly, almost resentfully. "That's what young folks always get by tying up in the puppy age! What's your news? Better read it."

Her face went but little paler when she read her news. It was from the old-maid sister at home.

Mother is very sick. The doctor has but little hope of her recovery, I'm sure. And, Deen, she is pinning to see you once more. Can you arrange to come home, if only for a few days? Remember, you haven't been back since you married. It seems to me, from what I've seen of life, that husbands are cheaper than mothers. We are losing ours. Will you try to come?

It was then Bud Barnes rose to his height of manhood.

"Of course you are going to your mother," he announced when he had read the word. "A fellow, yesterday, was wanting to buy my old fiddle. I can spare it now. I can use the Beech. First thing in the morning I'll hunt him up. He'll pay cash, and glad to do it. Get your things ready. I'm sorry about Mother, Deen. We've neglected her, but it looks like we never could make the way to go."

There was no pleasure for Nadine in that belated visit—only grief and a sense of unreality. The dear mother-face, grown strangely remote, the pinch of death in its sagging lines, strangers coming and going, noiselessly, sympathetically everywhere like a bad dream. But through it all, hidden and unacknowledged, ran a deeper, sharper ache—Bud and his chance.

A stranger face grew very familiar during that hard time—the face of the attending physician. She grew to watch for its little personal flash of understanding and sympathy. There had been so few in her time young life who cared, however remotely, for her needs, physical or spiritual. It was a sensation to be followed by respectful but admiring glances. It was a new sensation to rest her weakness on a man's strength. In her awful trance, watching the fight for a life, the subtle fascination crept through. And when the end came, and out of chaos she heard this new friend offering what seemed a larger life, she came suddenly to a place where her life's road blurred before her.

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Canuck BREAD MIXER



Are Fruits and Vegetables Luxuries?

In the House of Diet fruits and vegetables may be likened to windows and doors, fireplaces and chimneys; we could dispense with them, we could board up our windows and make a fire on a big stove in the middle of the room, letting the smoke escape through a hole in the roof but such a course would not mean comfort year in and year out. So we may exist without fruits and vegetables but it is worth while to stop to consider what we gain by their use.

There is an old adage, "An apple a day keeps the doctor away," which if true, means that the apple is a real economy, a kind of health insurance, for an apple costs seldom over five cents, often only one, and a doctor's visit may easily cost a hundred times as much. There is a certain amount of truth in the saying though the apple does not have a monopoly on the supposed virtue.

It is more accurate if less poetic, to say that an assortment of fruits and vegetables helps to keep us in good health. Before the days of modern cold-pack canning, in the spring mothers used to assemble their little home groups and, in spite of sundry hidings under tables on the part of reluctant Johnnies and Susies, dutifully portion out herb tea or sulphur in molasses. Spring cleaning could never stop short of "cleansing the blood!" And after a monotonous winter of meat and potatoes no doubt heroic measures were necessary to make up for a badly balanced diet. Nowadays we recognize no such seasonal need. We carry our surplus of fruits and vegetables over from summer to winter and profit not only in the greater daily pleasure of our tables but in clearer skins, brighter eyes and less "spring fever."

How do fruits and vegetables help to keep us well? In the first place, by their wholesome effect upon the bowels. As a rule we associate regular daily movements with health but do not always recognize the part which diet plays in securing them. If we eat little besides meat and potatoes, bread, butter and cake or pie, we are very likely to have constipation. This is particularly true for those who work indoors or sit much of the time. Now fruits and vegetables have several properties which help to make them laxative.

In the juices of fruits and vegetables we find a variety of laxative substances. This explains why apple juice (sweet cider), orange juice or diluted lemon juice may be a very desirable morning drink. The effect is partly but not wholly due to the acid. Juices which are not acid to the taste, as those of prunes, figs, onions, are laxative.

So from a great variety of fruits and vegetables, especially those which are fibrous or acid or both, we may obtain the substitute for "pills" in wholesome foods which are generally cheaper than drugs.

No diet can be properly built without a suitable supply of mineral salts. The free use of milk is our greatest safeguard against lack of any save iron but when milk is scarce and has to be saved as now for the babies of the world, it is fortunate that we can make fruit and vegetables take its place in part. Some of our very common vegetables are good sources of the calcium and phosphorus so freely supplied in milk. Among these may be taken as an example the carrot, which has not had due recognition in many quarters, and in some is even spoken of contemptuously, as "cattle food." Its cheapness, which comes from the fact that it is easy to grow and easy to keep through the winter should not blind us to its merits. A good-sized carrot (weight one-fourth pound) will have only about half the fuel value of a medium-sized potato but nearly ten-times as much calcium as the potato and about one-third more phosphorus. While actual figures show that other vegetables, especially parsnips, turnips, celery, cauliflower and lettuce, are richer in calcium than the carrot, its cheapness and fuel value make it worthy of emphasis; a medium-sized carrot will furnish as much calcium as a scant quarter of a cup of milk.

Even when meat and eggs are not prohibitive in price, fruit and green vegetables are an important source of iron in the diet. And when war conditions make the free consumption of meat unpractical, it is reassuring to think that we really can get along without meat very well if we know how. Two ounces of lean beef will furnish no more iron than a quarter of a cup of cooked spinach or half a cup of cooked string beans or dried beans, or one-sixth of a cup of raisins, or half a dozen good-sized prunes. Cabbage, peas, lettuce, dandelion greens, beet tops, turnip tops, and other "greens" are well worth including in our bill of fare for their iron alone.

By the time children are a year old we begin to introduce special iron-bearing foods into their diet to supplement milk. Aside from egg yolk, we give preference for this purpose to green vegetable juice or pulp, especially from peas and spinach or a mixture of both.

There is a further significance for

fruits and vegetables. Their contribution to the diet of the growth-promoting, health-protecting vitamins. That the presence of fruits and vegetables in the diet is a safeguard against scurvy is well known, though the full scientific explanation is not yet ours. That the leaf vegetables (spinach, lettuce, cabbage and the like) contain both of the vitamins which are essential to growth in the young and to the maintenance of health in the adult, seems assured and gives us further justification for emphasis on green vegetables in the diet of little children, when properly administered; that is, always cooked, put through a fine sieve and fed in small quantities.

Those who have plenty of highly flavored meat are apt to be satisfied by it or to demand stronger flavors (coffee, catsup, pickles and tobacco) than those found in fruits and vegetables. They are also apt to spend so much money on meat that they have none left to buy what seem to them unimportant items in the diet and apt to have a much less wholesome diet than they might have for the same money. Studies of expenditures in many families show that a good rule to insure a well balanced diet is to spend no more money for meat than one does for fruits and vegetables. Also it is well to remember that vegetables are usually cheaper than fruits and that dried ones may largely take the place of canned or fresh ones.

For wholesome and economical living have fruit of some kind at least once a day and make the main dish of one meal, a vegetable dish whenever possible. Thick cream soups, souffles, creamed or scalloped vegetables are all substantial and appetizing. The way to learn to like such foods is to keep trying. One may learn contentment with the proverbial dinner of herbs more easily by realizing that one is building valuable bricks into the house of diet. And in the present emergency one may, by selection of fruits and vegetables of high energy value, save more portable foods for our soldiers and allies. The knowledge that a banana is equivalent in "calories" to a large slice of bread or a small pat of butter becomes tremendously significant; that an apple, an orange, four prunes, four dates or a cupful of figs, may not only take the place of bread but actually add something which the bread does not contain, means that we shall be the gainers from our own sacrifices.

Canada's Stake in the World Conflict.

How Canada is becoming, thanks to the skill and heroism of her sons, linked up with the world conflict, says Prof. Osborne of the University of Manitoba. The young man who brought down Baron Richthofen, Germany's premier aviator, was Brown, a boy born in Carleton Place, and educated, they say, in Alberta schools. There was a clash for you between Democracy and Autocracy, between peace and militarism. I read a few weeks ago of a certain young Rosevear, a Canadian boy, who had crashed to the earth and been killed after bringing down 23 German aviators. Later I learned that he was a son of a college classmate of mine, H. S. Rosevear of Port Hope, now living at Port Arthur. All honor to such sons and such fathers. I talked the other night with an honored school inspector at Guelph, William Tytler, who, as a teacher, had had for a pupil McCrae, the author of the deservedly famous "In Flanders Fields the Poppies Grow." And so it was the air of Guelph, the soil of Guelph, the flowers and fruits and fields of Guelph that had ministered to the upbuilding of the man who was to write lines of such haunting beauty that the world will not let them die. How Canada, I repeat, is being bound into one—East and West, Catholic and Protestant, rich and poor, French and English—and brought into vital relation with world movements, world causes, world conflicts!

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NURSING

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Weapons of War Different. Weapons which were thought massive and powerful in 1914 are puny in 1918. Thus heavy artillery, whose weight tied it down to fixed fortifications, is now moving merrily over the field of battle. Where formerly we talked in millions now we talk freely in billions. Before the war twenty-five to thirty knots was battle-cruiser speed; to-day we have such ships of from 160,000 to 200,000 horsepower steaming at from thirty-five to forty knots. A notable instance of this growth is in the field of aviation, where the British have aeroplanes of 600 horsepower, and the Italians have gone up to 1,000. And the end is not yet.

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