

learn some valuable lessons from the foreigners within our gates, particularly the French and Italians. It seems rather an impertinence to speak of the French as foreigners, but I use the term in the sense of those to whom English is not their mother-tongue. Recently I have been learning some valuable lessons myself from an Italian neighbor. We scraped acquaintance over the Italian Red Cross work, and since have exchanged views on a number of subjects. She speaks very fair English, and when I asked her what she thought of the high prices in Winnipeg, she laughed and shrugged her shoulders and said that she could live for the same that she had before the war. She went on to describe the number of dishes in which she cooked and served either macaroni or spaghetti, but said at the end of her description, "Canadian women think it is too much trouble to

cook cuisines like that". Then she bemoaned how few ways we had of cooking vegetables. She manages a small restaurant, and I can speak for the appetizing things which she can make from macaroni and vegetables, with a mere flavor of meat or cheese.

I suppose one of the main reasons why so many prairie dwellers eat so little fish is the fact that for so many years fish was difficult to obtain. Now it can be had in practically all the small towns, and that quite regularly. It is an exceedingly wholesome article of food, and children particularly should be encouraged to eat it. I was very much struck with some evidence given by one of the officials of the Grand Trunk Pacific railway for the Dominion's Royal Commission. He stated that his road carried two million pounds of fish weekly from Prince Rupert eastward, and, when asked where it went

to, stated principally to New York and other American cities, some of it going to Boston. It seemed so absurd to think of this most valuable food going right through our prairie provinces into the American cities, when we are talking about the high cost of living.

Her Reason

A little girl of seven or eight years stood one day before a closed gate. A gentleman passed slowly. The little girl turned and said to him:

"Will you please open this gate for me?"

The gentleman did so. Then he said kindly:

"Why, my child, couldn't you open the gate for yourself?"

"Because," said the little girl, "the paint's not dry yet."

Knew His Business

"But are you sure that I shall recover?" the patient asked anxiously. "I heard that sometimes you have given a wrong diagnosis and treated a patient for pneumonia who afterward died of typhoid fever."

"You have been scandalously misinformed," said the doctor indignantly. "If I treat a man for pneumonia, he dies of pneumonia."

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