

The Weekly Monitor

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BRIDGETOWN, ANNAPOLIS COUNTY, NOVA SCOTIA, JUNE 13, 1917

No. 10

SPORT SHOES WITH SPORT CLOTHES

That's the vogue, this year — to have one's shoes in harmony with the sport suit, or outing skirt and sweater.



FLEET FOOT

SUMMER SHOES

are the most complete line of summer footwear ever made. The Fleet Foot trademark goes on shoes for every summer need — for work and play — for men, women and children.

Ask your dealer to show you the Fleet Foot line — you'll find exactly what you want — and the prices are a half, a third and even less, than equally attractive leather boots would cost.



WHAT SHALL WE EAT?

Issued by the Department of Public Health of Nova Scotia

In these days, when so much attention is being given to the question of food and food production, it is well that thought should also be given to the matter of food consumption.

It should be clearly realized that the functions of food are mainly two in number: (1) to build up the body and repair tissue waste, (2) to provide body heat and vital energy. The palatability is desirable, and is both an inducement to take sufficient food and an aid to digestion, the greater number of our highly prized delicacies are not only economically wasteful but physiologically monstrous.

The information which comes to us from the countries of our enemies goes to indicate that, after a short period in which some restriction of diet appeared to have a beneficial influence upon the general health, there has developed a notable increase in illness and decrease in efficiency as a result of the present scarcity of food.

The present situation at home is sufficiently serious, and the future possibilities are sufficiently menacing, to demand our careful consideration of the influence which food shortage will have upon the health of our people. For the successful prosecution of the war, and for the subsequent maintenance of our place in the sun, it is necessary that we should conserve our health, which is the fundamental basis, not only of the enjoyment of life but also of efficiency and productivity.

A comparatively small portion of the food we consume is utilized in the construction and repair of the tissues. Fully eighty to ninety per cent goes to the production of heat and energy. The meats (including fish) afford us the bulk of the protein required for growth and repair of tissue, although the grain or cereals contribute considerable protein. The meats also provide certain salts and extractives which are useful in nutrition. The extractives give flavour to the meats. It is important to note that while the extractives are dissolved out of meat which is used for making soups, such meat, while rather tasteless, has lost very little of its nourishing qualities, and should by no means be thrown away.

The great sources of energy are the fats and the carbohydrates. The carbohydrates are the sugars and the starches, which we derive more especially from the cereals, root vegetables and fruits. Under normal conditions the carbohydrates furnish us energy in the most available and most economical form, while the fats furnish it in the most concentrated form.

It should be our aim to use food in a physiological way, in order that the needs of the body should be properly supplied. These needs are best met by a balanced diet — that is, a diet which contains the proper proportions of different foodstuffs.

The requirements necessarily vary with individuals, depending upon age, sex, temperament, body weight, muscular activity and other less impor-

tant factors. Children need more in proportion to body weight than adults. Women require, generally speaking, about four-fifths as much as men. The season of the year has also an influence, less being required in warm weather than in cold weather.

In computing a dietary it may be assumed that it should contain from ten to fifteen per cent. protein, or tissue building food. The greater part of this is usually derived from the lean portion of meat or fish. Consideration should be given to the variation in the proportion of lean to fat. Thus in bacon and salt pork the fat is greatly in excess of protein, while the reverse obtains in the case of round steak. Fish provides almost as much protein as meat. It is worth noting that the salted and smoked fishes may be made into a large variety of inexpensive though palatable dishes, which are very nutritious. Thus a half pound of dried codfish, made up with a quart of milk and a little flour, makes a dish which provides as much protein as much protein as a pound of round steak or a pound and a quarter of sirloin steak.

A point not to be missed is that the cheaper cuts of meat have practically the same nutritive value as the most expensive cuts.

Milk contains a considerable amount of protein. A glass of milk contributes about as much protein as a quarter of a loaf of bread or a fair sized slice of cooked beef. This protein is not removed in the skimming of milk. Skimmed milk has therefore a definite dietetic value, and can usually be procured for about half the cost of whole milk. The loss of fat can be made up by the use of butter or other less expensive fat.

Of the milk products, butter is the form in which perhaps the majority of people secure the greater amount of the fat they consume. In general, it is the pleasantest and more readily digested of our food fats, but other fats may be used to almost equal advantage, such as oleo-margarine, lard, olive oil, cotton seed oil, etc. Then cheese is a really excellent substitute for meat, having approximately double the nutritive value, weight for weight, of lean beef.

Eggs also provide considerable protein, but at a greater cost than meat. However, the relatively small amount of fuel consumed in the cooking of eggs offsets to a large extent their greater first cost as compared with meat.

Amongst the vegetable foods, those which yield the largest amount of protein are the cereals, legumes, the legumes or pulses (beans and peas especially). The cereals are also rich in carbohydrates, which are so necessary to energy production. Their value as breakfast foods is well recognized. In this connection it should be pointed out that the widely advertised breakfast foods possess little if any advantage over oatmeal, although they are much more expensive.

It may be said in a general way that large consumers of meat would find it profitable both economically and physiologically, to substitute cereals for a share of their meat ration. Inasmuch as most of our food goes

to the production of heat and energy, it follows that fats and carbohydrates must find a prominent place in our dietaries. Practically one hundred per cent. of fat is available for energy production, so this food provides energy in such concentrated form, that we do not require very large quantities of it. The cereals, as already stated, furnish us with a certain proportion of protein, and they also provide a small percentage of fat. Their chief value, however, lies in their high carbohydrate content. The carbohydrates, as has been noted before, furnish energy in its most readily available form. Seventy-five per cent. of fine wheat flour is carbohydrate, about ten per cent. is protein and about one per cent. is fat. Bread is not only one of the most nutritious, but is one of the most necessary and also one of the most economical of foods.

We are now confronted with the possibility of a shortage of wheat flour, and it may be necessary for us to resort to a method similar to that which enemy countries were forced to employ some time ago, or to that which has recently been adopted in England. In England it is now permissible for millers to add small proportions (approximately five per cent.) of the flour of barley, maize, rice or oats to the flour of wheat. Of these substitutes, barley and maize (Indian corn) are to be preferred to rice and oats. Probably barley flour might be used to the extent of ten per cent. in bread making without seriously affecting its digestibility or nutritive value. Oatmeal cannot be used in such proportion without causing loss of "lightness" in the bread, although otherwise it is a good substitute for wheat flour. Rice lacks much of the nourishing property of wheat.

At present market prices there would be little, if any, economic profit in substituting other cereals for wheat, but in the near future the conditions may be otherwise. Barley is an easy crop to raise, and may be planted in the late spring for fall reaping, so our agriculturists might assist greatly in the solution of the bread problem, which threatens to be an acute one before many months have passed, by giving attention to the cultivation of barley.

Buckwheat is another cereal which has great food value, and which might be produced in greater quantity as an offset to wheat shortage. This may be served in various palatable and nutritious dishes which may be used to a considerable extent in lieu of bread.

Of the pulses, peas and beans in the dried state have a dietetic value which is well recognized. Compared with the meats and the cereals, they take an intermediate place, being richer in protein and poorer in carbohydrates than the cereals. The fat content corresponds very closely to the cereals, while the mineral content is somewhat greater. A plateful of good thick pea soup contains about as much protein as an ounce of lean meat, and about as much carbohydrate as two ounces of bread. Dry beans are very similar to dry peas in composition, but contain a larger proportion of sulphur and for this reason are more apt to cause flatulence.

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It is estimated that 7000 surgeons will be required for the million of men in the United States army.

Mr. A. J. Balfour received a check for \$200,000 for the benefit of war widows and orphans in Britain.

The rice crop in India and Japan is reported to be exceptionally large, and rice is not likely to rise in price.

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The call for the "Army of the Furrows" is progressing in the United States, as well as for the "Army for the Trenches."

The Germans have lately sent toy balloons over Rheims, with the inscription, "We shall go away some day, but your town will be destroyed."

Mr. Gretton, a brewer, says there will be a violent reaction if brewing is stopped, but there will be an even more violent reaction if baking is stopped. — Morning Post.

Five rooms in the Stewart Building, Broadway, New York, are placarded, "British Recruiting Mission." They are seeking British young men, with a view to their enlistment and return to England.

There are 60,894 public houses in England, 6,621 in Scotland, and 16,678 in Ireland. This makes one public house for every 592 people in England, one to 719 people in Scotland, and one to 263 people in Ireland.

Samuel Compers, President of the American Federation of Labor, stating that he did not wish to ally himself with the conscious or unconscious agents of the Kaiser in America.

A well known resident of St. John determined to plant potatoes in his back garden and ordered a bag of fertilizer. After planting in the evening, rain came on, and the next morning he found that the bag contained cement, rather than fertilizer. Query: Will his potatoes grow?

(Continued on page 4)

THE EUROPEAN WAR

GERMANS DAZED BY GIGANTIC BRITISH ATTACK

British Headquarters in France, June 7.—The British rush this morning on the Messines-Wytschaete Ridge of the Belgium front took them well over the ridge, where they are now entrenched. The village of Messines was taken early in the fighting. It was also reported that Lander and Zarebba had fallen and that Wytschaete has been captured by the British storming troops. The British offensive campaign burst into the at Arras was carried out in that slender strip of the Belgium saved nearly three years ago from the German invasion. The blow was struck on a front of approximately ten miles against the high ground known as the Messines Ridge, from which the Germans have overlooked the British lines ever since October 1914. It was not long after the battle began that word came from all sections of Arras that the various objectives had been taken on schedule time. All the prisoners say the Germans had been expecting the attack, but were taken completely by surprise by the hour at which it was launched and the fury with which it was carried forward. They had been completely dazed by the most gigantic mining operation yet carried out in the war. More than 1,000,000 pounds of high explosives had been placed under the German forward positions during the past twelve months and its upheaval of a score of separate mines spread panic among the troops, already harassed, as they were, to the point of distraction, by seven days and nights of fire from the greatest concentration of guns on a given front since the war began. The battle of Arras has reached the ultimate in this respect, but today's bombardment was carried out by twenty per cent. more guns, especially guns of heavy calibre. The Messines Ridge has long been a thorn in the side of the British. They were driven from it in those perilous days of October 1914 when with weak lines and virtually no artillery they bravely but forlornly attempted to hold this point of vantage.

BRITISH GAIN FURTHER GROUND SOUTH OF YPRES

London, June 10.—The British have gained further ground at a number of points on the battlefield to the southward of Ypres, it is announced officially.

"We gained further ground during the night at a number of points on our battlefield south of Ypres. Successful raids were carried out by us last night southeast of Epehy, south of Armentieres and northeast of Ypres. We captured seventeen prisoners. Hostile raiding parties were repulsed east of Le Verguis and southwest of La Bassee."

The official report from British headquarters in France tonight reads:

WAR BRIEFS

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"The enemy made no further counter attacks south of Ypres, but his artillery continued active in this region. We carried out a successful raid today south of the Souchez river. The hostile artillery has been active in the neighborhood of Fontaine les Croiselles. Six German airplanes were brought down yesterday in air fighting. Three others were driven down out of control. Three of our airplanes are missing."

AMERICAN EXPEDITIONARY FORCE ARRIVE IN ENGLAND

A British Port, June 8.—Major General John Pershing, commander of the first American expeditionary force to France, arrived in England today, accompanied by his staff. He reported a pleasant trip and expressed the utmost astonishment that the news of his departure had been so successfully suppressed. "I thought the whole world knew about my leaving the United States," he declared. "The American army chief and his staff were given a tremendous ovation on their arrival. A special train was in waiting for the party. It was due to arrive in London at three o'clock this afternoon."

"We are very glad to be the standard bearers of our country in this great war for civilization," General Pershing asserted.

"To land on British soil and receive such a welcome is very significant and very deeply appreciated. We expect soon to be playing our part and I hope it will be a very large part on the Western front."

Pershing and his staff worked hard all the way across preparing plans for their work in France.

RECRUITING FOR ALLIES IN UNITED STATES

Boston, June 8.—The United States is to be made a recruiting ground for the armies of all the Allied Powers, according to Colonel C. S. MacInnes, of the Adjutant-General's Department of Canada, and Major Charles D. Murray, of the War Office staff at London, members of the British recruiting mission in this country who were here today. They said that the British and Canadian recruiting forces here would assist in the work of enrolling subjects of Italy, Belgium and France for war service, either with British organizations or in the forces of their own countries. The officers said they were to make arrangements for this international enlistment, and would direct the work in New England.

GERMAN EMPEROR HAD NARROW ESCAPE

London, June 9.—Emperor William, Field Marshal von Hindenburg, General Erich Friedrich and other members of the German Emperor's staff, were inside the St. Peter's station at Ghent, Belgium, when it was bombarded by Entente Allied aircraft the other day, according to a despatch to the Exchange Telegraph company from a Dutch frontier correspondent. The Emperor's party was unhurt, but three army officers nearby were killed.

TWO BEAR RIVER BOYS KILLED IN ACTION

(Digby Courier.)



PRIVATE ELDON LEROY MORINE of Bear River, killed in action April 9 at the battle of Vimy Ridge.

Before enlistment he was foreman of a lumber camp in the Maine woods. Knowing it was his duty to answer the call of his king and country, he left his position and came to his home and enlisted in the 219th Battalion. Arriving in England he was transferred to the 85th D. Company. As a soldier he was always ready for any duty that might be assigned to him and won the esteem of all his officers who always regarded him as prompt and careful. He is survived by his mother, four brothers and five sisters, who have the sympathy of the community.



PTE. GEORGE O. WENTZELL of Bear River, N. S., youngest son of Mrs. Annie Wentzell, who gave his life for King and Country at Vimy Ridge, April 9th.

Pte. Wentzell enlisted one year ago in the 219th, training first at Bear River, later at Aldershot, before going overseas. After training in England for some months he was transferred to the 85th Battalion and sailed for France. He leaves to mourn three sisters, Mrs. Charles Stewart, Mrs. Willard Marshall and Mrs. Arnold Chute, and brother Lloyd, of Bear River, now in Boston.

ARROW POINTS

In doing good you gain good.

Value your friends while you have them.

The more some people have the more they wish to have.

Many a wearying burden contains a wealth of blessing.

Dread not the homeward pathway. Though drear it seem today; The Hand with mark of nail-print Will clear the thorniest way. The feet on Calvary wounded Are ever near your side; No harm can reach the pilgrim With Christ as Friend and Guide.

PASTOR J. CLARK, Selma, Hants, N. S.

Minard's Liniment Relieves Neuralgia

Take Good Care Of The Colts

It's cheaper to *raise* colts than to *buy* horses. But it's *costly* if you *lose* the colts. Keep a bottle of Kendall's Spavin Cure handy. For thirty-five years has proved it the safe, reliable remedy for spavin, splint, curb, ring-bone, bony growths and lameness from many causes.

Kendall's Spavin Cure is sold by druggists everywhere at \$1 a bottle, 6 bottles for \$5. Get a free copy of our book "A Treatise on the Horse" at your druggist's or write us.

Dr. B. J. KENDALL CO., Essexbury Falls, Vt.

Because it is a strong, thirsty flour, it absorbs more water and makes more loaves.



PURITY FLOUR

"MORE BREAD AND BETTER BREAD"

"BUY-AT-HOME" CAMPAIGN

Let's get together. Let's help one another. Let's stop pulling and hauling. Let's see the virtues in one another. Let's present a united front. Let's learn a lesson from the war. Let's co-operate. And Let's do it now.

Is it going to be Nova Scotia or is it going to be the other provinces? Let us put our heads together for a few minutes and consider.

An expert on the iron and steel industries of America was recently asked why it was that certain firms could produce steel products several dollars cheaper than their competitors.

"The answer is simple," said he; "certain firms own their own mines, own the necessary fuel, own transportation lines. Practically every cent that they spend is spent within the firm, so that the same dollar does service over and over again. On the other hand, other firms buy raw materials and pay transportation to the former firms and thus build up and strengthen the very firms that are competing against them."

Now face the issue squarely. By buying goods away from home, and not from our own merchants, are we not building up and making strong our competitors in trade? Though we are all provinces in the one Dominion, Ontario is as much a competitor in all lines of trade as a state across the line. Can we afford to continue as we have in the past? It is time to see what our merchants have to sell. It is time to spend our money at home. It is time to co-operate. Nova Scotians must present a united front.

What a wonderful sight it is to see a hockey team go sweeping up the ice, four men abreast, passing the puck back and forth, eluding all opposition and shooting the puck into goal. That is team play.

What wonderful things have been our campaigns for the Red Cross, the Patriotic Fund and the Belgian Relief. Nova Scotians united, co-operated, and their subscriptions comparatively speaking took second place to none. That was team play.

Do you know why this Province is not going ahead as fast as it should, or as fast as we can drive it? The answer is, because there is not team play. And do you know why there is no team play? The answer is that there is a growing feeling among business men in this Province that their fellows are not treating them squarely. There is a growing feeling that people have become hypnotised by the catalogues and are spending their money on a vast quantity of goods which should be bought at home. There is unrest, and who will deny in all fairness that the business men have not reason to feel dissatisfied? Anyhow it is there. And our towns are suffering and our Province is suffering because of it. The breach is widening, there is not that get-together spirit, that team play, that the Province must have, if it is to become populous and prosperous.

Nova Scotia cannot afford to jeopardise her commercial and industrial future. Every authority says that with the coming of peace will come the greatest war for trade that the world has ever seen. We will need every dollar and every cent we can lay our hands on to finance us in this fight, and we will need the co-operation of every section of the Province. This campaign is conducted because it is felt that a change must be made in our buying methods.

This is the "BUY-AT-HOME" Campaign. Buy at home and build up Nova Scotia. Buy at home and co-operate in preparing for the reconstruction period.

BUY AT HOME

(Copyright, T. H. Curry, Halifax.)

GREAT STOCK OF MEAT FOR ALLIES DESTROYED

Buenos Ayres, June 9.—According to advices from Colon, in the Province of Entre Rios, an enormous stock of frozen meats in the warehouses of a British company has been destroyed. The stock was intended for the Entente Allies. The value of it was estimated at 2,000,000 piastres. The persons engaged in the plot are said to be Turks.

(Signed) GEORGE, R. J.

KING GEORGE'S MESSAGE TO THE TROOPS

London, June 9.—It was officially announced today that King George has sent to Field Marshal Sir Douglas Haig, commander of the British forces in France and Belgium, the following message: "We rejoice that, thanks to the

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Chas. H. Atterton*

ASK YOUR GROCER FOR DAVIS' ESSENCES