

**Commission of Conservation
CANADA**

SEN CLAYTON STROUD, K.C.M.G.

Chairman

JAMES WHITE

Assistant to Chairman and Deputy

Head

CONSERVATION is published the first of each month. Its object is the dissemination of information relative to the natural resources of Canada, their development and proper conservation, and the publication of timely articles on town-planning and public health.

The newspaper edition is printed on one side of the paper only, for convenience in clipping for reproduction.

OTTAWA, AUGUST, 1918

CONSERVE THE KIDDIES

There is a close relationship between an increased cost of milk and infant mortality. This was proved by the investigations last year of the American Commission on Milk Standards.

It was found that the use of milk had been entirely discontinued in many families among the poor and its place was being taken by baby foods, evaporated or condensed milk, potatoes, macaroni, tea and coffee. In other families, cheaper milk of a poor quality had been purchased for infant feeding. The increased mortality from diarrhoeal diseases is believed to be due in a number of cities directly to the decreased amount of high-grade milk purchased by mothers for infant feeding as well as by the substitution of cheaper grades of milk.

The work of the pure milk depot, hospitals and other agencies that provide modified or certified milk for infants of all classes at reasonable prices is one of national importance and value. The country as a whole must assist in conserving the kiddies. If it would do its duty on behalf of posterity.

WHO RUNS YOUR FARM?

"The government runs my farm, and I am quite willing to let them do so." This spoke a farmer whose financial credit balance is represented by six figures. He has made a practice of reading and adopting the results of the government's experience on the experimental farms, both Dominion and provincial, and has been rewarded handsomely.

This farmer was instrumental in forming a farmers' club in his neighbourhood and securing lectures by the travelling representatives of government agricultural departments. He took advantage of these by adopting the good points from each. A government report advocated the installation of lightning rods on farm buildings. He put them on his buildings and advised his neighbours to do likewise. Some of them followed his lead; others ridiculed the idea, one of whom lost his buildings the following season by lightning. Neither was he too proud to make arrangements with the town store and lawyers to supply them with straw free for that he might haul away the manure from their stables, and thus keep his land up to the highest producing point. He did not consider it too much trouble to so clean

his seed that he could demand \$1.50 per bushel for his oats as seed, while his neighbour was getting but 65 cents.

Farming means production, just as truly as does manufacturing. The farmer, however, has an advantage over the manufacturer in that the latter must make his own experiments; he must pay for his experience. If the results of his experiments are satisfactory, they may produce financial returns fully warranting the outlay. If they are unsatisfactory, the expenditure upon the investigation is lost, and, in many cases, means ruin. How different is the farmer's position! Canada is making the experiments for the farmer, Canadians—the manufacturer, the mechanic, and every resident of Canada—are paying the cost of securing the experience by which the agriculturist may, personally, be the gainer.

It is only too true, however, many of our farmers neglect to profit by the help thus provided. Innumerable bulletins are left unread, and the information they contain is not utilized.

DEVELOP THE FISHERIES

"Practically all fish are edible and in general they are equally nutritious, the chief difference in that respect being in the fat content, which varies not only with the species but seasonally." That is the dictum of Dr. H. F. Moore, Deputy Commissioner, U. S. Bureau of Fisheries.

Surely it is a great misfortune that only a small percentage of the several hundred species and sub-species of fish to be found in the waters of the northern hemisphere find any demand on our markets, especially during the present world shortage of meats. It is a condition that has resulted from the conservative attitude of fishermen and fish dealers in failing to educate the public concerning the food value of hitherto unused species; and also in the proper methods of handling and cooking fish that require special treatment to prepare them for the table. Happily, the action of food boards in Europe and America is rapidly changing the situation. Already, many so-called "new" varieties of fish are finding their way in the fish markets and many others will in due time meet with a similar success. The time is most auspicious for a great expansion of the fisheries industry and it is devoutly to be hoped that those engaged in it will avail themselves of the opportunity.—A. D.

RURAL LIFE PROBLEMS

"Get together" is a useful and worthy motto for the farmers of Canada. Many of the disadvantages that have handicapped rural progress in the past have been the result largely of a lack of co-operation among farmers themselves. Local suspicions and jealousies made mutual trust, the keynote of all co-operative effort, impossible. Happily, there are now many agencies at work that are each accomplishing something in changing these conditions. Among these, the Rural Community Life Institutes in Ontario give promise of being of great service. These are really extension work of the Department of Rural

Sociology of the Ontario Agricultural College. A series of conferences is held at strategic points throughout the province each year at which experts in agricultural work and conditions discuss with rural ministers, teachers, leading farmers and others the methods that experience has shown to be most valuable in bettering rural conditions. The interest shown in these meetings indicates that these community leaders recognize the existence of rural social problems and are anxious to find the wisest solutions for them. It will be a great day for Canadian agriculture and for the country generally when farmers will get together for the study of their common problems and, without malice or suspicion, work together for the common good.—A. D.

SALVAGE OF WASTE

Applied science is capable of producing the most diverse results. As a factor in war it has devised and developed all manner of engines of destruction to such an extent that war and applied science now seem almost synonymous. Co-incident with that phase of its activities, it has led the way in conserving vast quantities of products formerly looked upon as refuse. In all the warring countries, strong organizations have grown up, each with a view to saving and utilizing to the best advantage, practically everything that formerly found its way to the incinerator or rubbish heap. Science and four years of war have rendered obsolete the advice to "burn all refuse". Waste paper, wood waste, tin cans, kitchen grease of all kinds, meat and fish bones, asphalt refuse, clinkers, etc., are all being used to a profit over the cost of transmitting them into useful materials. The result has been the conserving of basic materials as well as marked savings in shipping tonnage. Science is constantly perfecting processes for the more economical handling of all such waste materials, so that in time the incinerator and town dump will be viewed as relics of a pre-war prodigality.—A. D.

New London, Conn., has adopted a unique but effective means of curbing profiteering in house rents. A board has been formed consisting of public spirited citizens of standing, including lawyers, real estate men, manufacturers and other who meet daily in sub-committees of three to hear complaints of tenants regarding extortionate rents. If a tenant makes out a case the sub-committee requests the landlord to attend to give his side of the case. If he refuses, or if a plain case of rent profiteering is made out against him, all the facts are published and public opinion is allowed to do its work. The plan has proved most effective.

Prof. Robert C. Wallace, head of the Department of Geology and Mineralogy of the University of Manitoba, has been appointed commissioner of Northern Manitoba. In his new position, he will be especially concerned in the development of the natural resources of Northern Manitoba.

CANNING DON'T'S

Don't start canning until you have the right appliances.

Don't use old screw-tops. Buy new ones.

Don't use old rubbers. New ones are cheaper than allowing fruit to spoil.

Don't use two-quart jars. Use quart size. Pint size is best for a family of not over five members.

Don't neglect cleanliness—clean person, clean room, clean apparatus, clean work. Cleanliness counts fifty per cent.

Don't plan to can more than three to six jars of fruit or vegetables the first day. Speed up gradually.

Don't assume that the water surrounding the jars will keep boiling without attention to fuel. The right temperature must be maintained for success.

Don't mistake simmering water for boiling water. "It was boiling just a minute ago", doesn't meet the requirement of boiling water at the moment of using.

HOW TO CAN TOMATOES

Select fresh, ripe, firm tomatoes. Grade for size, ripeness and quality. They will cook better if the same degree of ripeness and quality, and will look better. Wash, scald one-half to one and one-half minutes or until the skins loosen, but do not break. Scald means to immerse in boiling water. Cold dip, but do not allow them to remain in the cold water. Cut out the stem end, taking care not to cut into the seed cells or the seed and pulp will later be scattered through the liquid. Remove the skins.

Pack the tomatoes whole in the jars, doing one jar from the beginning to placing in sterilizer, before starting on another. Shake down well, hitting the base of jar with palm of hand, and also press with a tablespoon, but avoid crushing.

Do not add water. Hot tomato pulp may be added, otherwise add no liquid whatever. Tomatoes are an exception to the general rule of hot water for vegetables and hot water or hot syrup for fruits. A large part of the tomato is water. It is not necessary to add anything but one level teaspoonful of salt to each quart, and, if liked, one-half tablespoonful of sugar. The tomato pulp for home canning, made from large and broken tomatoes, cooked and strained, should have one teaspoonful of salt to each quart, and should be poured hot into the filled jars, allowing it to enter the spaces.

Put on rubber and top, adjust top bail or screw top with thumb and little finger. Sterilize 22 minutes in hot water bath, or 16 minutes under five or ten pounds' steam pressure. Remove, tighten, seal and cool.