

gases to pass off. This prevents the acid of the tomato curdling the milk. Scald the milk, melt the butter, add the flour and pour on gradually the scalded milk. Pour the tomatoes into the milk slowly, season to taste and serve.

Cocoa
3 level tablespoons cocoa
4 level tablespoons sugar
1 cup boiling water
3 cups scalded milk
Scald milk in double boiler. Put sugar and cocoa in a saucepan and slowly pour on the hot water, stirring constantly; boil five minutes; add to scalded milk. Serve in heated cups.
Note—If beaten with Dover egg beater, the cocoa becomes foamy and the formation of skin on top is prevented. A pinch of salt greatly improves the flavor of cocoa.

Cream Toast
4 level tablespoons butter
4 level tablespoons flour
2 cups milk
1 teaspoon salt
6 slices toast
Melt butter, add flour and salt; then add milk gradually, stirring constantly until smooth and starch is thoroughly cooked. Serve on toast.

Creamed Potatoes
6 or 8 potatoes (medium sized, cut into cubes)
3 cups milk
3 tablespoons butter
Salt and pepper
Cook potatoes in boiling salted water until tender. Drain, add hot milk and cook until the milk is nearly absorbed. Add butter and seasoning, cook and serve hot.

The Country Cook.

Our Wasteful Distribution System
Continued from Page 29

against the middlemen in general, and against the big middlemen (the packing and distributing corporations for example) in particular, he overlooks two vital facts.

Two Vital Facts

"First, that he himself is probably a middleman of the least essential and least efficient sort and dependent for his living upon the continuance of effete economic conditions, and, second, that any government regulations tending by radical means to reduce the middleman's 'spread' or margin of profit tends to wipe out the unnecessary and inefficient middleman and to make still richer the big middleman and his corporations. I do not say this is just, I only point out that it is true and that so long as it is true the food controller cannot 'cut prices,' or 'wipe out the middleman,' or 'sell goods at cost.'"

"The food controller knows, for example, that cod steaks can be sold at a profit by certain, large retail organizations in Toronto at 14 cents a pound. It would seem to be in the immediate interests of the Toronto householder to direct that 14 cents be the maximum retail price for cod steaks in Toronto. But indirectly such an order would ruin the very man it aimed to benefit. For such legislation, directed against one class of trade, could not consistently be denied against other classes of trade. It would force out of the business not only the ordinary dealers in cod steaks, but, to be consistent—all small fish dealers. The small milk dealer must then be asked to operate on as small a 'spread' as the large milk concerns—a thing he cannot do owing to his smaller volume of turnover. The ordinary butcher would then have to give way to the department store butcher, the modest bakery to the large bread factory, and the little grocery to the big one."

"There has not been and there will not be an instant's hesitation to bring to bear all the powers of the food controller against any producer or middleman whom we find in our present investigations to be making an undue charge for his services—an unfair 'spread.'"

Would Effect Confusion

"Unquestionably, as I said before, there are too many middlemen. Without a doubt, by fixing maximum prices so that only the big concerns could operate, we could force thousands of middlemen out of their offices and shops, and theoretically, into factories and onto farms. But such transformations could not be quickly effected without appalling confusion. Shops and offices would be idle. The men who depend for their income on renting shops or selling goods to retailers, or delivering goods or collecting bills, armies of people who wait on these

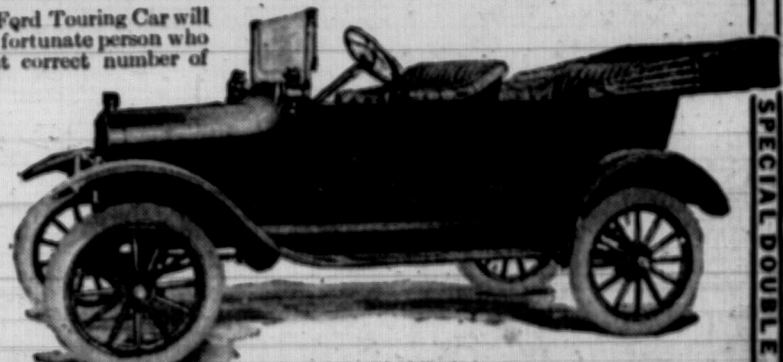
in turn would be deprived of their revenue. Rents and taxes would go unpaid. The value of real estate would collapse. The credit structure of the whole community would be violently shaken. A wasteful way of living might thus be corrected—but at what a price?
"The first duty of the food controller, let me remind you, is not to cut prices, eliminate middlemen, 'sell goods at cost,' or correct in a day economic evils, which unthrifty and luxurious use has allowed, even encouraged to grow up, but to protect Canada, the Canadian troops, and our share of the wall of the empire against disaster through famine, I—I use the word without exaggeration, I can do this only by decreasing consumption and as far as possible increasing production. Against the other price-raising factors, against competitive buying by foreign governments, against unequal distribution of resources, against speculators, greedy middlemen and wasters, the public will be vigilantly protected. But with wages better than ever and unemployment unknown, with the purchasing power of a dollar in the food market very little lower than its purchasing power in the labor market, the middle and well-to-do classes of Canadians still buying luxuries, really cheap food, would for the present be a disastrous invitation to these classes—the really poor need no exhortation from me to economize—to squander our scant provisions and defeat the very object for which the food controller was appointed.
"Let those who see only their own immediate interests, in the price of, say, eggs, those who find their motors a burden, or their margin for amusements interfered with owing to the price of butter, those who seek public favor by crying out against middlemen, those, who, by the way, decline to co-operate with the food controller because he cannot lend his office for the promotions of this or that propaganda, study for a moment the complexity of connection and cross-connection in the economic fabric. Let them observe not just the first, but the second and third effects of the legislation they ask. It may be said by the hasty that the food controller is defending the big interests or that he condones a condition in society which, at the same time, he blames for causing high prices. But it is not so necessary that he should be proven free of prejudice and disinterested-

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