

FROM THE FIELD TO THE TABLE

SPECIAL REPORT FOR TORONTO WORLD.

The domain of the cook and house-keeper has been invaded by the makers of prepared foods for breakfast, prepared foods for dinner, prepared foods for supper. The invalid has his prepared foods and the well man has his prepared foods. These are generally and artfully advertised. They are artfully and artistically presented through the usual mediums. If snatters continue, the cook, like Othello, will find her occupation departed.

But right here a great mistake is being made, as it is generally acknowledged by the medical profession that prepared or pre-digested foods are not beneficial to the human system.

It is difficult from among the legions of "foods" to decide which have the happy combination of health-giving and taste-satisfying qualities. The whole question is one of research, investigation and equipment.

In regard to the general merits and the relative merits of Breakfast Foods, there is no better authority in Canada than the firm of P. McIntosh & Son, of the well-known "Crown Mills" Toronto.

Intosh represents the third generation of Food Manufacturers in this Company, so that they have long since passed the experimental stage, and is long since they reached the era of success.

Mr. McIntosh gave our correspondent a most interesting sketch of the history of their business and some valuable insight into the history and mystery of food-making. Summarized, he says:

"We have a large number of Breakfast Foods on the market, we do not say, however, that ours are exclusively valuable, but would say that a great number of the foods that are sold have no special merit.

To begin with, the principal cereals, Wheat, Corn and Oats, have distinctive properties. All three are nutritious, but the composition differs in kind and proportion, and to produce satisfactory results each one requires years of study.

THERE MUST BE CHEMICAL KNOWLEDGE. A full understanding of chemical values, combined with an equally full knowledge of what the human body requires for its sustenance, and what elements are tissue makers and body builders; what constituents feed the tissue, the nerves, the blood, and the bone, is essential.

We know, Mr. McIntosh said, that here we are stepping over into the field of the Physiologist—the Physician, if you like—but it is his investigations and his conclusions that govern us in

our work. Knowing what the body requires, and knowing the qualities of the cereals, our practical work begins, and that is THE TREATMENT OF THE GRAIN BY ELIMINATING THOSE PROPERTIES THAT HAVE NO FOOD VALUE, WHILE RETAINING THOSE THAT HAVE FOOD VALUE, and presenting the product in its palatable form. You may call this chemical treatment, if you like, but it is only chemical in so far as the dissociation of particles and the re-

preservation of the grain is concerned. Our process of dissociation removes this objectionable matter, and substitutes a substance which is easily digested. We use selected Canadian White Oats from which all hulls, only the substance, and the hulls are removed. The most appetizing breakfast porridge, the most exquisite griddle cakes and gems, and "excellent" baked or fried puddings are made with our Beaver Oats.

One other of our products which mention with satisfaction is our "Beaver Flakes." Making pan-cakes properly seems to be almost lost art, but our Flakes have large stores of the interest in pan-cake making because of the ease and rapidity with which pan-cakes can be made. Their delicious quality, makes our self-rising Pan-cake Flour not only the cook's choice, but the better necessity.

Our Self-Rising Buckwheat Flour is akin to our self-rising Pan-cake Flour as it is palatable, just as delicious, just as satisfying to those who like buckwheat.

We have many other foods, but mention four to illustrate fully what I have said—that the distinctive qualities of the grain are retained, while eliminating all the unnecessary or objectionable features.

AN INTERESTING VISIT.

After discussing cereal foods along general lines, Mr. McIntosh, showing the details of the process and the way of foreign matter, we visited the mill and saw the machinery in operation. The mill is a large, well-ventilated and perfectly equipped building, and the machinery is of the latest and most efficient type.

Mr. McIntosh is an enthusiast about Breakfast Foods, and the combination of scientific knowledge, mercantile equipment, commercial skill, and very large and wide-spread mercantile connection, place the "Crown Mills" in the lead of Food products.

In addition to this Mr. McIntosh feels, as a Canadian manufacturer, that he has a duty to perform in the food line, and he has decided to give the Canadian people the best of the food products available in this country.

Our other foods are prepared with the same care. The same principle governing throughout.

CANADIAN GRAIN ONLY.

Our "BEAVER OATS" have a field particularly their own, being vastly superior to ordinary oatmeal and rolled oats in the indigestible matter

under municipal control, and asking for legislation that will require railroads and steamship companies and hotels to furnish pure drinking water.

Winter Freight Rates.

The schedule of freight rates was discussed and revised at the meeting of the Canadian Freight Association, which was held in Toronto on December 10th.

Prison Reform Meetings.

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