



Canada's Historic Landmarks

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panies (some 2,000 letters) from 1612 to 1889.

The brass memorial tablet on Fort Garry in Winnipeg, Manitoba, presented by the Canadian Club of that city, bears an interesting historical record from the erection in 1806 of the first fort named Gibraltar—the second in 1822, re-named Fort Garry; rebuilt in 1835, demolished in 1882, except the gateway which in 1897, with the park, was presented by the Hudson's Bay Company to the City of Winnipeg. To the heroic Hudson, from whom the company derived its name, there is, as yet, no memorial. Might not this be fittingly commemorated when the Hudson's Bay Railway "opens the Bay," that, "where he went a thousand ships can go?"

In Saskatchewan, at Fort Qu'Appelle, a fine monument has been erected by the Western Art Association, Saskatchewan Branch, to commemorate the First Treaty between the Indians of the North-West Territories and Queen Victoria represented by her Commissioners, known as the "Qu'Appelle Treaty No. 4," whereby the Indian Chiefs ceded "all their rights, titles and privileges to all lands wheresoever situated within Her Majesty's N.W.T. to Her Majesty the Queen and her successors forever."

Interest attaches also to the story of the little stone school house of Saskatoon, built in 1887, where the first efforts of education began in that part of the great prairies. It is built of their varied colored stones. When the need for a larger school arose, the original one was preserved through the efforts of the Golden West Chapter, I.O.D.E., the stones all numbered and on October 11th, 1913, looking exactly as it did in 1887, the little stone school house was removed to a site on the University of Saskatchewan campus. The school was presented by the Regent, Mrs. R. R. Morgan, and received by the President, Dr. Murray, and is now used as the University Archives. Among the relics there is a first history of Saskatchewan written in Indian script on cow hide, before the days of paper.

Mrs. Arthur Murphy (Janey Canuck) early enlisted our sympathies in her efforts to preserve the old Hudson Bay Company Fort at Edmonton, Alberta, which was threatened with demolition to make way for the grounds of the new Parliament Buildings of the Province. It was carefully removed in October of 1915, preserved intact, to be rebuilt and adapted to museum purposes.

The "Great Divide"

ON the confines between Alberta and British Columbia, at the "Great Divide" is erected a monument—"In honour of Dr. James Hector, K.C.M.G., Geologist and Explorer to the Palliser Expedition of 1857-1860, one of the earliest scientists to explore the Canadian Rocky Mountains. He discovered the Kicking Horse Pass, through which the Canadian Pacific Railway now runs from the Atlantic to the Pacific Ocean."

Many historic landmarks in British Columbia are still calling for recognition, notably those of David Thompson explorer and mapmaker. The only Bastion left standing in this province is in Nanaimo, retained and preserved by the Women's Club of Vancouver, the same Club of which Mrs. Ralph Smith, the coming M.P., is President. They have placed the Memorial to the Indian Princess-Poet "Tekahionwake, (Pauline Johnson) on Siwash Rock in Stanley Park, where they have also planned an artistic fountain to be placed after the war. Would that we could infuse (in those who need) some of the spirit of her latest poem "Capitulate? Not I."

In closing, a word for the work of our Historic Landmarks Association of Canada. The American Scenic and Historic Preservation Society has asked for a summary of our work to embody in their Annual Report to the Legislature. The cordial exchange is warmly appreciated, particularly with the knowledge that we are one in earnest endeavor to attain "the supreme purpose." More than ever in these times is the recording of history being recognized as a necessary corollary to the making of history. We believe that our efforts in these lines will be carried on long after the present officers have passed into the "realms of history" themselves. Thus, still under the shadow of the world war, we continue our work with energy and enthusiasm, believing that our beloved Canada does need the exalting touch of every landmark that bears a living message, and that she can keep, either in substance or in souvenir.

Oleomargarine---Our New Food Ally

The Product of a War---for Margarine appeared first to relieve distress at the time of the Franco-Prussian War---it comes to us when fat foods are scarce and high in price.

By KATHERINE M. CALDWELL, B.A.

ON the stormy shore of the north Atlantic, huddled in a cleft of the steep, stern cliff, crouches a little fishing village—perhaps thirty huts in all. From each one of them, the head of the house and the sons, as they grow old enough to reef a sail or haul on the nets, go out on the trips that are all so much alike, with yet such possibilities of tragic distinction.

"When the boats are in," however, and the best is set before the fisherman—what is it?

Fish, most likely, and a black bread that sorely needs a gentling influence.

Butter, you will say—why it needs butter, of course—the fish will be improved by it, too.

Yes, most of us would look upon butter as an essential. But there—?

Fish oil—just fish oil. Butter costs too much for them.

In these days of ever-higher food costs, butter has been growing too dear for many people who never saw or expect to see a fishing village—for people who live in the heart of the best dairying provinces in Canada. For the cost of producing that butter has soared with everything else, with the result that this, one-time most taken-for-granted of foods, has entered the class of almost-luxuries.

Mr. Hanna To The Rescue

WHAT, then, of those cheaper butter-substitutes that one sees in other countries—"oleomargarine" or "butterine"?

They have not been for Canadians.

Butter or no butter—it has been a simple alternative. And in a greatly increasing number of cases that has meant a simple ultimatum: no butter.

And of late, Canadians, women in Canadian homes who have wrestled with the problem of the constantly swelling grocery bill, have been demanding oleomargarine. As the likeliest source of relief, they called upon Mr. Hanna to secure it for them.

On the recommendation of the Food Controller, the long-existing regulations against butter substitutes have been set aside for the duration of the war.

Is Oleomargarine Good?

AND now, with true human waywardness, the public, after winning its point, is becoming just a tiny bit dubious and here, there and everywhere, women are asking each other—"What is oleomargarine made from? Is it—er—good?"

It is good—when it's good! In fact—like the famous little girl with the forehead curl, "when it's good, it's very, very good, but when it's bad, it's horrid!"

So whilst Mr. Hanna assures us oleomargarine and stipulates that it must be manufactured under government inspection, he by no means constitutes himself Taster-General to the Households of Canada. Like every other food product she buys, each woman must be her own judge of margarine quality.

The point is, she can get good—excellent—oleomargarine. The best grades (there are a great many qualities of margarine) will be made here or will come into Canada. On one point the government has stood firm—margarine must be sold here in its natural state—no disguising butter-coloring will be permitted. Once we have mastered the identifying characteristics of the various grades, we shall be well on the way toward assuring ourselves of the best.

What It Is Made Of

THE fats, so essential to our bodily welfare, are of two kinds—vegetable fats and animal fats. The former are well represented by olive-oil, peanut oil, cotton-seed oil, and the animal fats by the hog and beef fats, and the butter fats present in milk.

The oleomargarine that is destined for our market is made from both of these fat families. The higher grades are made

from the refined oils from the very choicest of these animal fats, with peanut or cotton-seed oil, milk cream or butter, and salt; the ingredients of the succeeding grade are similar except that lower grade oils are substituted for peanut oil and the carefully selected animal fats.

Just our most everyday foodstuffs, these—nothing a bit new or startling. Fats such as we eat in our roast beef and bacon, oils that we put into our salad dressing and our staple dairy products.

The process, too, is simple. The oils are refined to a degree that corresponds with the quality of butterine that is to be attained. In this process of refinement, the oils lose their own characteristic

To gain this end, the Government stipulates that no artificially colored margarine shall be brought into Canada—it must be the natural color, as produced by the food stuffs from which it is made.

This means that we shall have a variety of margarines offered us when the sale opens. There will be pure white oleomargarine, that resembles lard in appearance,—one of the best grades obtainable. The reason for its whiteness lies in the thorough refinement of the oils from which it is manufactured. Some margarines, we are told, have a "yellow streak," the result of less refined oils in their make-up. Exactly the same oils may be used in varying grades, but if they are not so much refined they will be neither as colorless nor as tasteless as the oils that go into the white margarine.

We are also promised margarine of absolutely the finest quality that will have the yellow tone that we associate with delicious, creamy butter. Its color will be given it by the high percentage of butter that is used, instead of milk, in its manufacture.

So flavor will have much to do with the selection of a good margarine, just as it governs our choice of butter. We will seek the true butter flavor that the best brands alone will be able to assure us—either the yellowish margarine with butter in it or the white in which milk, with its full quota of butter fats, is used. The brand that we once find lacking in this basic requisite, will fail to hold our patronage.

The excellent lard-white margarine would be under a severe handicap in our market, were we compelled to serve it in all its pristine whiteness. For most of us will not care to change the time-honored formula, "Please pass the butter" to even the thrift-charged request for a substitute. We can, however, practise the harmless and perhaps, appetizing subterfuge, of adding our own coloring matter.

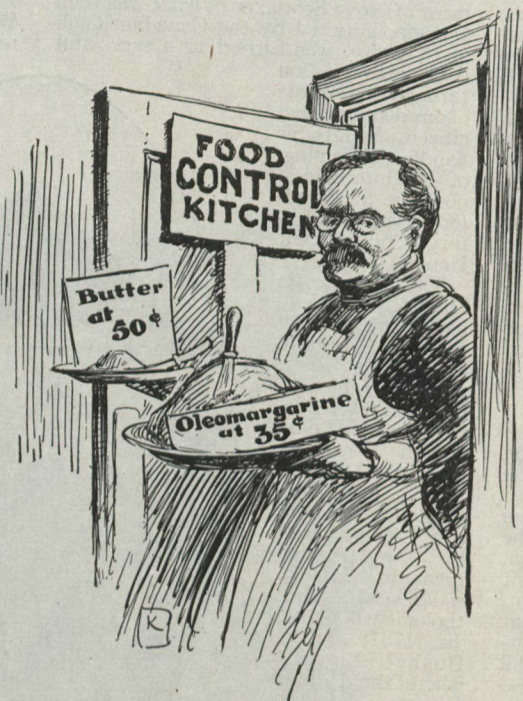
Butter-coloring is obtainable everywhere and a few drops of liquid or a tiny capsule, if it comes in that form, will color a pound of margarine to defy detection as anything but the truest of butter. One just softens the margarine in a bowl, adds the coloring and works it in with a spoon or fork. Then one tells the family as little as one pleases—until perhaps they have eaten it and pronounced it to be "good butter." A little mild diplomacy of this sort, may be effective in ousting prejudice if any should exist in the minds of one's suspicious or perhaps uninformed family.

Comparing Food Values

OF course, fresh milk, and the butter and cheese made from it, are unique foods—there is no substitute for milk. The fats in it, which we call butter fats (and which we recognize most frequently as the cream which rises to the top) are peculiarly building materials. For this reason, a growing child should always have milk, plenty of it, to drink. He will not miss butter if a first-class margarine is substituted; but his milk quota could be increased a little, just to make assurance doubly sure. These animal fats are so essential to proper bodily nourishment that when margarine was put on the European market so cheaply that all could buy it, diseases due to malnutrition that had gained great headway amongst peasant children, were effectually stamped out.

On the whole, oleomargarine will hold its own very well on the point of food value. It will supply a liberal portion of the needed fats, at a low cost.

The stress that the food administrations in all of the countries at war, are laying on the need for conserving and using every bit of fat, of every kind, gives us an inkling of the importance of fats in the human diet. So the arrival of a new one—delicious, nutritious, and comparatively low-priced,—is a very important event in Canada. Oleomargarine's welcome only awaits its appearance.



Mr. Hanna: "Looks the same! Tastes the same! Costs less."

flavors—and, of course, the more neutral they become, the better for the finished product.

These oils give the "body" for the oleomargarine—and that body has a high food value.

The next step is to incorporate with them something to give the margarine the butter semblance that is so desirable.

Here is where the milk or fresh, sweet butter comes in; its flavor is in a manner grafted on to the flat, flavorless oils, in a churning operation which makes it granular, like butter. This blending successfully achieved, it remains but to "add salt to taste" and label the whole, very plainly, "oleomargarine."

The fact that margarine can be sold to an unsuspecting public as butter because of the impossibility of distinguishing them by taste, smell or color, has been the chief argument against it.

Our Food Controller, willing to put this valuable product in the hands of Canadian housewives, does not intend that they shall be victimized by the substitution, by the merchant, of oleomargarine for butter, at butter prices.

No longer o'er the supper board

Will Dad's grave voice resound:

"Go easy on the butter kids—

It's fifty cents a pound."

Fraud of this sort has flourished or died wherever oleomargarine has been introduced. Great Britain has been as successful in stamping out these fraudulent practices as the United States has been unsuccessful, and it is chiefly from the British laws governing margarine, that our rulings have been drawn up. We may count ourselves as being sure of obtaining butter for butter-price, when we are willing to pay for it.