

**Use More Beans.**

(Experimental Farms Note.)

The ripe bean is a form of food very much neglected in Canada. Lack of variety is one of the serious faults in our national diet. Many people seem inclined to use a very limited number of foods and, as far as possible, to make each day's meals resemble those of the day before; while, in other cases, the dull routine of a fixed seven-day cycle prevails. It is well-known that a varied diet is more wholesome than a restricted one, and, especially in these times when good food is scarce and high in price, it is really deplorable to note the neglect of some of the best Canadian-grown food materials, such as beans, peas, Indian-corn and barley, while an imported product, rice, remains quite popular in spite of its inferior quality as food and the commercial objection that Canadian money must be sent to some foreign country to pay for it.

Of all the neglected foods, the bean is perhaps the most important. It contains a large percentage of protein (approximately double the amount found in cereals) and protein is the most expensive ingredient in the materials which we consume. The bean may fairly be said to rank first among the common foods of vegetable origin; peas are of almost equal value, but wheat and barley fall below. Oats are also distinctly inferior on the whole, though they contain much more fat than beans. While it is not true, as has sometimes been assumed, that vegetable protein, as found in beans can entirely take the place of animal protein as found in meats, eggs and milk, nevertheless the vegetable proteins have a high food value and the bean could in many instances, be advantageously substituted for part of the meat ration. Considerable economy would be attained in this way, as beans are very cheap indeed in comparison with most animal products. It must be noted, however, that beans cannot be eaten freely by everyone. There are a few individuals for whom they seem quite unsuitable; but the vast majority of people would have better, cheaper and more enjoyable meals if beans were used more often. Matters of diet are so often settled by customs of the country rather than by intelligent thought that it is very hard to bring about changes, however, desirable. Yet there seems no good reason why the regular use of beans should be limited almost to Massachusetts and a few others favored localities. In these days when, owing to the high cost of living, many individuals are inclined to break away from some of the older and more expensive customs, the introduction of the bean as a regular article of diet offers an opportunity for the display of a little originality and the exercise of judicious economy at the same time.—Chas. E. Saunders, Dominion Cerealists.

**Preservation of Wood.**

From the standpoint of the average consumer, more has been expected of wood and less done to help it serve a great variety of uses than almost any other building material. It is a comparatively modern concept on that proper preservative treatment is practical and economical on the farm and around the home. Good paint is a good friend of lumber, and, while not usually considered in that light, is the one protection against the natural progress of decay which has been universally used. Yet the well-painted house may have unprotected floor beams in moist walls, door steps on wet ground, and many inside surfaces and timbers which are continually exposed to conditions favorable to decay. The wonderful service which wood has given during all the years, with little or no consideration of the factors which destroy, brings into greater prominence the possibilities of preservative treatment under the present-day desire for permanence and elimination of waste. No one expects unprotected steel to do anything but rust, concrete is water-proofed and its surface protected from abrasion and disintegration, fabrics are shielded from the elements, while wood has largely been left to shift for itself. The application of wood preserving methods of the every-day uses of lumber, where it needs protection from decay, is in keeping with modern ideas.



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