

**Food Kept Fresh
by Dehydration**

Three-Year-Old Eggs for Omelettes—
Fresh Fish, Same Age—Banana Coffee—
Vegetables and Fruits Kept Indefinitely Without Canning.

Eggs three years old but fresh enough for omelettes, fish three years caught but good enough for supper is the dazzling prospect held out by A. F. Spaw, dehydrated food expert who has arrived in Montreal to give information in various quarters of his methods of preserving foods.

Housewives despondent as winter sends egg prices soaring to the dollar mark, as salmon mounts and green vegetables sour can take heart. Mr. Spaw has with him meat, fish, eggs, fruit and vegetables which have survived many winters. Three years have passed since a sheep's tongue last helped the sheep with its vocal exercises. The onions, cabbages and carrots have not smelt of earth for many months. But all are perfectly wholesome good and ready for use, and with ordinary cooking and a preliminary soaking in water provided all the constituents for a full-course meal.

Evaporated Food.

The secret lies in the dehydration of foods, which is synonymous with evaporation. Mr. Spaw says. His process consists of driving the water, which is such a large constituent of most foods, out of the food in question without steaming or boiling or use of chemicals by passing hot air over the product and drawing out all the water. Under this process, the food retains all its nutritive qualities and natural flavor, and can be kept indefinitely without going bad. Meat, fish, and vegetables are just as good, three years after they were procured as they were at first, and just as palatable and tasty when cooked. In the dehydration of fish no salt or preservative is used, and the result is superior, he claims to canning, while in addition it is much less expensive.

Vegetables like cabbages and onions when subjected to the dehydration process are sliced. One and a half ounces of these dehydrated vegetables are sufficient to make soup for five people. To cook them, the housewife must first cover them with water when they begin immediately to swell up and regain their natural freshness and color, having had restored to them the water taken from them by the dehydration process. In the case of dehydrated fruits, they must first be put in water for two or three hours, then stewed or cooked in the ordinary way.

Banana Coffee.

Mr. Spaw has with him samples of dehydrated apples. Nothing has been wasted during the dehydration process. For the cores and peelings have been made by him into fine quality apple jelly. The peelings and cores of one bushel of apples will make seven half-pint glasses of jelly, he states.

In addition to dehydrating foods, Mr. Spaw has experimented with and perfected new foods. He recommends banana coffee, made by dehydrating bananas, then roasting and grinding up the dehydrated substance. Banana coffee is brewed in the same way as ordinary coffee for drinking and is, Mr. Spaw declares, the most perfect imitation of coffee. It further has the advantage that one pound of banana coffee goes as far as two pounds of ordinary coffee.

Housewives who lament the fact that bread will go stale will learn with interest of sweet potato flour. If the housewife would only use 25 per cent. potato flour with her ordinary flour, she would never be bothered with stale bread, the dehydration expert says. He further points out economic advantages to be gained by the use of potato flour. In 1910 the increase in wheat production in the United States was only 12 per cent. more than in 1900, but the increase of population was 21 per cent. The demand is growing greater than the supply and unless some substitutes are discovered, there will not be sufficient for the people's needs, he maintains, hence the importance of finding substitutes. The only thing sweet potato flour will not do which ordinary flour does is to make a light loaf of bread, Mr. Spaw declares. But used as an addition to ordinary flour to the proportion of 25 per cent. it does away with staleness, for potato flour will never grow stale. Banana flour is excellent for baby's food. There is nothing better, according to Mr. Spaw. Made like porridge, it is not only ideal for infants, but a good breakfast food for adults.

One of Mr. Spaw's methods of making converts for dehydration is to invite people to dinner and give them nothing but dehydrated foods. The menu of one such dinner included crab cocktail, vegetable soup, shrimp, croquettes, fried smelts, boiled salmon, clam fritters, green peas, sweet potato biscuits, spinach, apple and pumpkin pies, sweet potato cakes, banana coffee and candied bananas, all made from dehydrated products.

To carry out his experiments with foods, Mr. Spaw has travelled all over the world, experimenting and setting up dehydration plants in many cities. In addition to teaching men how to take charge of them, he has visited, he states, every country except Russia. During the war he did much work in dehydration of foods. A native of Albany, New York, he has

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reached the advanced age of 53 years, but is still young enough to traverse the world to carry on his experiments. He has just returned from a 32,000 mile journey in the Pacific, where he visited Australia, the Fiji Islands and other places. He has brought back with him many samples of Australian and New Zealand food-stuffs, including fish which have been dehydrated and remain perfectly fresh.

"STAFFORD'S DRUG STORE NEWS" RESOURCEFULNESS

M. Coty, the head of many great perfume factories in France, experienced great difficulty in making his start toward success. When only a poor chemist he discovered a new mixture of unusual merit, but he peddled the process in vain to all the leading perfume makers. Turned away from his last chance, he instantly decided upon an unusual plan of action. Just as he was leaving, he dropped on the floor a small unstoppered bottle containing his entire stock of the precious liquid. A few days later he received a brief letter from the company. It said: "We cannot longer refuse to help you. That illustrious fluid has made of this office a veritable paradise. Come and see us." To this interesting incident M. Coty attributes his success. Those who look beneath the surface, will understand that the dropping of the bottle simply manifested an ability to think clearly, decide positively, and act immediately. In short, M. Coty possessed the qualifications for an executive. Why not make your home, office or any place you may be working be also a veritable paradise. It's very hard to do this without you are enjoying good Health and Strength, and thousands of people are neglecting themselves every day by not being careful enough over their body. If you require perfect Health and Strength you will find nothing better to restore it than Brick's Tasteless. The proof of this being the very best preparation on the market is that by the end of this year the sale will be over Ten Thousand Bottles.

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(Before Mr. Justice Kinn vs. Leonard)

(Yesterday)

When the hearing matter resumed, the accused was stand and examine front wheel. He the vicinity of the were bent. He the rim was made If it were a blow have broken. The was made by the completely detached terward. The hole left hand side broken on the the was then asked before the car was He believed that over the embank on its left side end of the bumper the intention of wheels went down rear of the case and turned over why the wind ward. Had it it would be he regard to the wheel segment been in front The Judge, jump sels for both outside the Court The machine was square surrounded Mr. Howley out to the just of the car caused ing August last the rear left was then asked of the right bent broken at the of the stumps the wheel the then illustrated car after going to bend the the car was he plained that would have ing the examining the Crown Council ed to explain the breaking of probability of the rim of the claimed that the gone in between to make the Re-examined ness said the for was turning over left to the right the court room to placed on the ation by Mr. H ness said that caused by the ing as he came the road to pass said that after ness he asked then asked at Shift Pateraph, rest. He then