

—JUST IN—
No. 1 King
APPLES
Florida Sweet
ORANGES
J. J. ROSSITER.

Our Motto: "Suum Cuique."



("To Every Man His Own.")

The Mail and Advocate

Issued every day from the office of publication, 167 Water Street, St. John's, Newfoundland, Union Publishing Company Limited, Proprietors.

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ST. JOHN'S, N.F.L.D., DEC. 4th., 1916.

The F.P.U. Convention

PRESIDENT COAKER, Messrs. Halfyard, Grimes, Targett and several other delegates left for Catalina by yesterday's express. Dr. Lloyd and Mr. E. Collishaw, Vice-President of the Union Shipbuilding Co., will leave for Catalina by Tuesday's express. Mr. Collishaw will then take his first visit to Catalina and will inspect the whole undertaking, returning on Friday. There is a possibility of the Convention not closing until the arrival of the Prospero from St. John's, which will be about Saturday.

It Is Time To Wake Up

THE money raised by the last War Loan will be spent within the next few months, and it will be necessary for the Government to take steps to raise another war loan. To do this they will either have to go to New York again or borrow the money directly from the British Government. As the War proceeds the expenses of Newfoundland in it are daily increasing and the probabilities are that another Two Million Dollars will have to be raised. The interest on previous War Loan and the new loan will be a heavy burden on the income of the Government, but this is by no means the whole of the Burden.

The Newfoundland Regiment was engaged in an exhausting campaign on the Gallipoli Peninsula and sustained considerable losses through sickness outside of casualties in actual fighting. Since the Regiment was removed to France it has been severely tried by heavy fighting on the front line. The losses sustained by the Regiment on July 1st were among the severest sustained by any battalion who were engaged in that battle.

The official news of those who were at first reported as missing and now reported as killed makes us realize the terrible devastation which took place on that day. They were steadfast and true and fought it out to the bitter end, and it is now up to the country to see that those who have been incapacitated in that great struggle, and the dependents of those who were killed, are properly provided for.

Again, losses were sustained in a successful engagement on October 12th, and also on various other occasions during the time the Regiment was under fire. The Regiment has won great renown, and at the next session of the Legislature provision will have to be made for pensions and allowances which are now due and which may become due before the end of the War. It is difficult to estimate what this will cost the country annually for the next ten or twenty years, but it is generally believed that it will cost somewhere in the neighbourhood of \$300,000.00 a year.

These increased burdens have to be faced with the revenue cut down by the loss of duties from alcoholic beverages. The Govern-

ment are therein faced with problems of a difficult and grave character, and they will need courage and determination to face them. It is a task which would strain the strength of the strongest Government, not to speak of that of a Government which has lost the confidence of the country at large.

In addition to this there are many other serious problems. There is the increasing cost of living which particularly affects those whose incomes have not been increased during the War. It is up to the Government to prevent local speculation in food and other necessities. Everyone recognizes that the Government is not strong enough to settle this matter. The holding up of food stuffs for a rise in price should be put an end to. The Government lacks the courage and strength to do it.

The appearance of submarines on this side of the Atlantic presents grave difficulties in the way of transportation to market of our Island products, and the importation of food stuffs and coal. These difficulties may become acute next Summer. Is anything being done to save the situation?

The Railway could be made a great aid in overcoming these difficulties. What is being done to increase transportation along the line? Where is the provision for new engines and new rolling stock material? What provision is being made for raising to the greatest efficiency the rolling stock at present in the country? The Railway next year may be the main artery of trade. Is anything being done to increase its capacity?

These problems require a strong and courageous Government. This is no time for delay and putting off till to-morrow to see what to-morrow will bring forth. These are difficulties which should be faced at once. And, it is up to those in charge of the Government to take the country into their confidence and call for the co-operation of the whole state. It will be too late when submarines are menacing our shipping. It will be too late when there is a shortage of coal and a shortage of provisions. It will be too late when there is an insufficiency of salt. It will be too late when the fish is stored in St. John's and the outports and there is no means of getting it out of the Country.

It is time for the Government and the Country to wake up and to take measures immediately to overcome these difficulties.

Flour and the War

FROM recent press despatches we learn that the President of the English Board of Trade, Mr. Runciman, has presented to Parliament a measure providing for the compulsory replacement of white flour and forbidding fancy cakes and pastry in Great Britain. If such a law is enforced the benefits to accrue from it to the English people, and by their example, to all subjects of the Empire, will be incalculable. This proposal has a sound physiological basis; and our own people were well advised to give these facts great and serious consideration in these days of the high cost of living.

We think that we are the greatest per capita consumers of white flour on the face of the globe; we really consume too much flour. Everybody seems possessed with the idea that white flour is one of the greatest essentials in a dietary. This is not true, as we shall demonstrate.

The modern processes of milling separate the various parts of the wheat kernel, which consist of the germ, the bran, and the endosperm, or the starchy part. Of the latter alone consists the white flour which is now in common use by reason of the erroneous assumption that its whiteness testifies to its purity. The miller suffers no loss by separating these parts of the wheat; on the contrary, he gains materially through the better preserving quality of the flour, and he sells the carefully separated outer part of the wheat as stock feed which is always in great demand. The consumer, however, suffers considerable loss in the nutritive quality of the bread made from fine flour.

Recent researches made by an Agricultural Experiment Station in the United States show that the discarded portion of the grain contains seven-eighths of the phosphoric and eleven-fourteenths of the potash and lime contents of the grain, and thus robs the latter of some valuable food constituents, especially in the endosperm, which is rich in starch cells.

Moreover, in high grade flours there exists a deficiency of certain

essential food elements which are known as "vitamines." These are certain constituents of the outer layers of the wheat kernel, as has been verified by the Hygienic Laboratory of Washington, U.S., where it has been shown that wheat flour made by the old fashioned process of milling contained 1.012 per cent. of phosphorus, an important index of food value, while the highly milled flour contains only 0.114 per cent. of phosphorus. In a test made upon pig-sons, those fed on bread made from whole wheat flour sickened after a period of feeding, while those fed on the whole wheat flour remained healthy.

To this scientific test we may add a very illustrative fact from personal experience. We know a citizen of St. John's who had been a great sufferer from dyspepsia and stomach troubles; and had been treated by the best physicians in the city. During a visit to an outport some months ago, he met an old friend who had been similarly troubled, but who, on the advice of a whole-wheat bread champion, tried the diet. He was cured of a trouble which had cost him a good deal of money and which had been making his life miserable. We know both parties; and we vouch for this fact.

The white flour business is, we believe, causing many to suffer from stomach troubles and at the same time is costing our people tens of thousands of dollars which go into the pockets of the millers.

The cake and pastry business is simply an expensive fad which many of our young housekeepers imagine is an indication of their proficiency in the culinary art. Now is the time to eliminate these fads, and our people should begin to understand that many things which are supposed to be essentials in the home may be easily dispensed with.

The war is teaching us many lessons regarding fads; and the use of whole wheat bread will, we trust be one of them that will be learned by our people.

Too much money is spent on flour by people generally; and we would like to see more substantial cereal articles, many of which may be raised at home.

If Morris were to spend some of the thousands that are being squandered in chasing agricultural rainbows, and make a serious effort to do something of permanent value, the monies might be well spent. What has been the result of the agricultural squanderings of the past seven years? Beyond the supplying of a few Nova Scotian rams and bulls of questionable antecedents, we fail to see any result from the huge expenditures that have been and are still being made.—Com.

President Wilson Speaks on Peace

NEW YORK, Dec. 3.—President Wilson, speaking last night at a banquet, which was the culmination of a celebration in honour of the permanent illumination of the Statue of Liberty in New York Harbour, declared he had thought for the last two years that peace is going to come to the world only with liberty. The peace of the world, Wilson said, is not going to be secured by compacts, but by the sympathies of men.

Hour of Retribution Rapidly Approaches

LONDON, Dec. 3.—Alex. Trepoff, the new Russian Premier, opening the Duma yesterday, says a Reuter's despatch from the Russian capital, reiterated Russia's determination to prosecute the war until victory was attained. The war will be carried on until German yoke and German violence disappears for ever. The power of the enemy is slackening. The hour of desired retribution approaches even more rapidly.

Embargo On Greek Shipping

PARIS, Dec. 3.—An embargo has been placed on all Greek shipping in France and in other ports of the Entente Allies in consequence of recent events at Athens. The Minister in France, has sent his resignation to his Government on account of the aggression of the Greek troops against the forces disembarked by the Allies.

Awarded Honours

LONDON, Dec. 3.—King George has awarded the Distinguished Service Order to Sub-Lieut. Ralling, and the Distinguished Service Cross to Lieut. Cadbury and Sub-Lieut. Fane, all of the Naval Air Service in recognition of the destruction of the Zeppelin off the Norfolk coast after Monday night's raid.

REVEILLE BY CALCAR

TO-DAY the great F. P. U. Convention is sitting at Catalina, and a programme is being mapped out for the conduct of public affairs in this country of ours, to be later submitted to the people to pronounce upon.

As is natural to suppose fishery matters will come in for the greatest consideration, and this is perhaps as it should be where a country is devoted mainly to the fishing industry and where all other industries are merely subsidiary to this. There are so many questions to come up for discussion in respect to this industry that to refer to them all here would be only a bore of our readers. But there are certain points which it were just as well to dwell upon a bit, and among these are bait and cold storage problems. These questions it is time the fishermen take upon themselves to put forward, seeing that the Government has entirely ignored them although at election times they were made fine strings for political kite-flying.

People were told that the subject of bait depots and cold storage were among the principal items that were to engage the attention of the Government should the people honor them by returning them to power. Elections came and went and now another is fast approaching yet nothing in the way of establishing bait depots has been done. We may feel pretty sure that the old hairy issue will be made to do duty again. However, if we are to judge by the tone and temper of the people Morris may as well save his breath to cool his porridge, that is if he makes use of such a homely dish.

The fishermen themselves may be entrusted to put this thing through. How many thousands of dollars have been annually lost to the fishermen of this country through not having a supply of bait to hand at all times it is impossible to estimate. Likely enough it is sufficient to pay the interest on the public debt of the country.

Our fisheries are the mainstay of the country and being thus it is impossible to understand the unintelligent manner in which they have been handled. The fisheries of Newfoundland have not begun to be developed yet. We have in our waters a wealth

undreamed of in the wildest flights of fancy. But the industry must be intelligently looked after, fostered and developed. That the F.P.U. will take this matter intelligently it is confidently expected. Already the Union has done an immensity of good, but mainly in the line of obtaining some degree of comfort and a square deal for the fishermen themselves.

This much has been accomplished and fishermen are to-day enjoying privileges they little expected to enjoy till the F.P.U. came on the scene.

These matters of personal comfort and a square deal having been accomplished, it is now devolving on the organization to do something for the industry it represents. Of great importance are the fisheries they are not all. We have other industries that require to be looked after, other assets of the country to be looked after and wisely legislated for if we are to preserve them from destruction or of falling into the hands of private concerns, who would later use these very assets to wring gold from the pockets of the people.

Agriculture is an important matter in this country to-day, and we have got to take this up with intelligence if we hope to raise it to the standard of that neighbouring countries, a position that in a degree it is capable of attaining, and this can be done without entailing any great expenditure. The Morris agricultural policy has been a costly failure, not alone that but it can be equally said that it has been demoralizing to a great extent.

Then there is the question of our timber areas to be considered

and some conservation measures adopted towards that asset, now threatened with extinction. Our water powers also must be legislated for, and in such a way as to keep them forever in the hands of the people to whom they rightly belong. On no account should water powers be given away. They must be kept for the people, and if given to private concerns must be rented only. We hope the F.P.U. will deal with this matter.

We notice that certain individuals are making application to the Government for a right to use the waters of Bay d'Est river. We hope the F.P.U. will use every means in its power to prevent the transfer of this water power to any individual unless they agree to pay a substantial rental for the same. It is not enough that grabbers be given our timber lands to denude they must also ask and be given our water powers that they may be able to cut up the timber at the smallest possible expense to themselves.

We hold that this matter of water powers has not received the attention so important a question should receive and we hope to see it taken up and dealt with in an intelligent way without further loss of valuable time. Following this there is the question of mines and minerals to be looked into for to our mind we have been very slipshod in our dealing with this all important subject.

THE STORES OPEN.

Beginning to-night the stores on Water Street will open until 9.30 p.m. until the end of the year. Saturday night's and on Christmas and New Year's Eves they will remain open till 10 o'clock.

GLEANINGS OF GONE BY DAYS

DECEMBER 4

Father Matthew died, 1858. Rope factory, Hoylestown (B. Cowan, manager), near present tobacco factory, burnt, 1869. Rev. Joseph Donnelly ordained by Bishop Carfagnini, 1870. Revs. Fathers Lynch and Murphy burnt to death in a hotel in Montreal, 1875. Right Rev. Abbot Fitzpatrick died in Ireland, aged 90, 1893. Bishop Power (for twenty-three years Catholic Bishop of St. John's) died, 1893. Schr. Landseer, Capt. Spurvey, robbed of \$800 at Burin, 1892.

THE C. M. B. C.

The C.M.B.C. met yesterday afternoon with a greater attendance of members than for many months past. Rev. J. Brinton, the chairman, gave a very instructive and impressive address, taking as his subject—"Wars in which men have come to Christ." The address was listened to with pleasure and profit by all present.

OUR VOLUNTEERS.

During the past few days the following recruits have enlisted with the Volunteers:
 Jas. Osborne, Blaketown, T.B.
 F. Meaney, St. John's.
 Jno. Doran, St. John's.
 T. Woods, St. John's.
 Fred. Bacon, c/o S.S. Durango.
 The S.S. Florizel, Capt. Martin, arrived at Halifax at 1 p.m., Saturday.

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 This Boot is made with the Tap running to Heel and has been the Standard Boot for more than a generation.
 Our Price \$3.70.

MEN'S MALTESE CROSS DULL FINISH BOOTS,
 Red Top, Natural Grey Sole, a good First Grade Boot at a Medium Price. Only \$4.50.

Men's Red and White Patent Pressure Process Rubber Boots,
 These are famed the country over and are made from the finest Gum, specially constructed by skilled workmen.
 Our Price for all Red is \$4.50; for all White \$5.20.

Men's Black Pure Gum Rubber Boots,
 White Sole, Reinforced, Red Foxing, Felt Lined. We recommend it as the Best Fishing Boot made. There is none better.
 Our Price, \$5.25.

People who have bought this Boot tell us that they get from Twelve to Eighteen months wear out of them.

GEORGE KNOWLING.

