

SUBSTITUTES FOR MEAT

A Subject Connected With the Cost of Living

There are many persons, perhaps, an increasing proportion of thoughtful people, who eat no flesh meat when they can get a vegetable diet that comes up to their ideal of life-sustaining capacity. Under ordinary economic conditions the number of out-and-out vegetarians has always increased slowly, and a long time must elapse before human beings cease to be more or less carnivorous. But the present economic conditions, so far as food products are concerned, are very extraordinary, and it is a matter of the most profound practical importance to know what other substances may safely be used as substitutes for or supplementary to flesh meat as part of the dietary of adolescent or adult human beings.

Assuming that the use of meat in good condition and in moderation is defensible in theory as well as satisfactory in practice, it is necessary to know which of its essential elements are assimilated by the body when taken into it as food, in order to ascertain what vegetables contain the same elements to be in like manner assimilated. The elements are proteins, fats, and carbohydrates. The fats and carbohydrates are easily disposed of in this connection, because vegetable oils may readily be made to serve the same purpose as animal fats, that of fuel to keep up the animal heat of the body. Sugar may be freely used with the same object in view, perhaps all the more effectively if it is left flavored by the taste of the maple tree or the sugar cane. Many fruits in their natural condition contain sugar, and very many of them are best preserved by being cooked with sugar before being put up in vessels impenetrable by atmospheric air. Starch is abundant in such vegetable products as rice, Indian corn, and potatoes.

The most interesting, if not the most essential elements in food products are the "proteids," which, besides the oxygen, carbon, and hydrogen of the fats and carbohydrates, contain nitrogen, which is indispensable to the formation of blood, muscles, tendons, and nerves, and to the production of energy. Fortunately proteids occur in great abundance in both animal and the vegetable kingdom, and as animals derive their proteids from vegetable sources it is fair to ask why human beings should not obtain them directly from vegetables instead of getting them at second-hand from animals slaughtered for food consumption. The vegetables containing the largest percentage of nitrogenous matter are the leguminous plants, the most important of which are peas and beans, but wheat contains it in the form of gluten, which serves more than one useful purpose besides the making good the waste of muscular tissue. The presence of gluten in oats adds value to oatmeal as a food.

The importance of these proteid substitutes for meat is so great in relation to the high cost of living that it is well worth the while of the housekeeper to make herself acquainted with their nature and the various ways in which they may be utilized without resorting to baker's bread for a supply of gluten. The value of peas and beans is well known to the habitants of Quebec, and to the men who work during the winter in the lumber camps of Canada. It is quite safe to say that meat would be comparatively little missed if these, with whole wheat and oatmeal, were allowed a more ample place in the dietary of Canadian households.—Toronto Globe.

Fire Protection in Canada

The total area controlled by the Western Forestry and Conservation Association is about 20,000,000 acres, containing fully 500,000,000,000 feet of lumber, one-fifth the total timber wealth of the United States and almost as much merchantable timber as there is in all Canada. This association, at an average cost of between two and three cents per acre and an aggregate cost of about \$200,000, maintains about 600 regular patrolmen, besides a large reserve force for emergencies, built several hundred miles of trails and telephone lines and installed numerous tool caches and lookout stations. Large sums have been spent on educational work.

SHOULD BE COMRADES OF THEIR CHILDREN

Parents and Children Should be Loving Friends For Life—Some Observations on Subject

Friendship between children and parents at all ages is the relation that should always exist between them. Unfortunately it is too seldom found in Canadian families after the children have passed a certain age, and often not even before. The want is due partly to circumstances beyond the control of either party and partly to the fault of Canadian parents. Time wipes away from the parents' mind the recollection of how they thought and felt and acted when children, thus removing a bond of natural sympathy. In addition, parents then fall in reverence for the rights of children as human beings of independent individuality, fail in self-control and self-respect, and fail in wisdom of family government.

All of us who are blessed with children want their trust, respect and companionship, not only when they are little, but still more when they are grown and capable. Something can be done by parents to bring this about, so that an ideal relation shall be enjoyed so long as child and parent live.

Parents need as much as possible to put themselves in the child's place and try to become as children again. Fathers and mothers who best remember their own childhood as a rule are those who meet with least failure in rearing the child.

Germans insist on respect from children, and this discipline helps to hold the German family together all its life in friendship between parents and children. The Japanese and the French work on their children through love and comradeship, and among both peoples grown sons and daughters stand more closely beside fathers and mothers than among Canadians. Parents and children are not all their lives bound together in this country with such lasting bonds of family affection as in France, Germany and Japan.

What has here been laid down does not mean that there should be no parental authority nor family government. Children must learn lessons of obedience if they are to be qualified to become members of society and the State. This article simply advocates such a union of the head and the heart between parents and children, such a blending of authority and love, sympathy and wisdom, as shall make parents and children loving friends for life.

Locking Both Ways

A new motor cycle rear light, to be mounted on a handle bar, can be covered with a mirror in the day time so a rider can watch the road behind him.

UNCLE SAM'S MONEY

Over \$636,000,000 of It Invested in Canada

The Monetary Times says that the amount of United States capital invested in Canada is \$636,003,952, as follows: 450 branch companies, with average investment of \$300,000, \$135,000,000; investments in British Columbia mills and timber, \$70,000,000; investments in British Columbia mines, \$62,000,000; land deals in prairie provinces, \$40,000,000; investments in lumber and mines, prairie provinces, \$10,500,000; theatrical enterprises, \$3,000,000; packing plants, \$6,750,000; agricultural implement distributing houses, \$9,255,000; land deals, British Columbia, \$60,000,000; investments of United States life and fire insurance companies, \$67,881,497; miscellaneous industrial investments, \$12,225,000; purchase of city and town property, \$20,725,000; investments in the Maritime Provinces, \$13,125,000; purchase of government, municipal and corporation bonds (1905-1913), \$123,742,455; and fox farm investments, Prince Edward Island, \$1,000,000.

SHELTER-BELTS AND CROPS

Influence of Wind-breaks on Crop Growth on Prairies

It has been estimated by Dr. Oscar Bernbeck, a German professor of agriculture, that a moderate wind, when blowing without obstruction, may lessen the yield of exposed land more than half. In Canada the prairie farmer realizes the value of shelter-belts of trees to break winds which sweep across the prairie. As density and height both influence the effectiveness of the wind-break, it should be made at least four rods wide and trees making good height growth should be chosen, such as the cottonwood or white willow, or, among the evergreens, the white spruce, Scotch pine or tamarack. In theory, deep-rooted, narrow-crowned species should be chosen, but it has been found that the draining effect of tree roots on the soil is negligible, and the injury done close to the trees by shading can be avoided by growing there shade-enduring crops, such as corn or alfalfa.

Alfalfa is the cheapest and best feed for beef cattle.

Alfalfa insures larger yields from the crops that follow.

Enemies in the Air

All field guns hereafter built for the United States army will be so mounted that they can be used against aeroplanes.

No Bumps on the Ground

A fork carried above an aeroplane has been invented by a French aviator to enable a machine to alight by clutching a cable.



FAMILIAR FILM FACE

This is Leah Baird, star of the Imp moving picture company. Every once in a while her director decides that he has to have Scotland or England or the south of France for background, so he just tells Miss Baird to get ready, and away the company goes. If you go to the picture shows you have seen her lots of times.

LOCKS AT THE SAULT

Marvellous Canal Machinery to be Seen in Canada

We can see about the same kind of machinery at the Sault Ste. Marie locks, which connect Superior with the lower lakes as we would if we went to see the Panama canal. These locks are wonderful and quite a contrast to the small lock first built at this point and the little tramway which carried logs around the rapids in the St. Mary River before any canal was dug.

Statistics are often dull, but, as a matter of fact, in the few months that these canals are open in the summer more freight passes through than through the Suez Canal. It is a fine sight to see the immense freighters, sometimes four in a lock, slowly rise or sink to the desired level, and watch the passengers crowd to the bow of the boat to experience the sensation of going through some of the most wonderful locks in the world.

Lake captains boast of this fact that though the Great Lakes are immense bodies of water they can navigate their boats into harbor without the need of a pilot—something ocean captains always require. Usually these men have worked up from common sailors and are familiar with all the moods and tenses of the great inland seas—bodies of water that astound foreigners, they are so vast and look so much like the ocean.

French Folding Bicycle

The French army has adopted a bicycle with a removable front wheel and a folding frame that enables it to be carried on a man's back.

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FENELON FALLS MARKETS

Fenelon Falls, Friday, Mar. 6, 1914

Wheat, Scotch or Fife, 80c. to 82 c.
Wheat, fall, 85 to 88
Wheat, spring, 75 to 80
Barley, per bushel, 50 to 60
Oats, per bushel, 37 to 40
Pease, per bushel, 75 to 1.00
Buckwheat, 65c. to 75
Potatoes bush. 60 to 65
butter, per pound, 27 to 28
Eggs, per dozen, 28 to 30
Hay, per ton, \$15 to \$18
Hides, \$10. to \$11
Hogs, live, \$7.50 to \$9.00
Beef, \$10 to \$11
Sheepskins, 50 to 80
Wool, 15 to 23
Flour, Samson, \$2.80 to \$3.00
Flour, Winnipeg \$2.70 to \$2.90
Flour, Silver Leaf, \$2.50 to \$2.70
Flour, Victoria, \$2.45 to \$2.65
Flour, new process, \$2.40 to \$2.60
Flour, family, clipper, \$2.35 to \$2.55
Bran, per 100 pounds, \$1.15 to \$1.30
Shorts, do., \$1.25 to \$1.35
Mixed Chop, do., \$1.40 to \$1.50
Corn Chop, do., \$1.55 to \$1.60
Barley Chop, 1.35 to 1.40
Oat Chop, \$1.50 to \$1.60
Crushed Oats, \$1.55 to \$1.65

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