After-The-War Conservation.

Most of the leaders of this generation in all lines of endeavor were raised on the farms of Canada where the mode of living was economical, sound and healthy. If Canada is to forge ahead, it will be by her people adopting the method of living and the simple, healthful food of the last generation. This should be no hardship. People would save money and better health would be theirs to fit them for the reconstruction and upbuilding of Canadian industries of all kinds. Thrift and industry will quickly liquidate Canada's war debts.

Many commodities are sold in packages which can be bought in bulk for better value. Take an interest in all your shopping for food and watch carefully the savings you can make. It is the savings of the people that make for national wealth. There are other cuts of beef besides sirloin steak which show considerably more food value for the money. Beef at lower prices tastes just as good if properly cooked.

Do not get the idea that the end of the war means the end of saving. To-day not only our soldiers and Allies must be fed but the people of vanquished countries and even some of the neutrals, making a grand total of something like 250,000,000 people in all. Food conservation must go on with added vigor. Winter is the season of conservation.

Should children have meat? It is a vexed question. Food experts hold firmly to the statement that meat should not be given to children under seven years of age. The food properties to be found in meat can be secured for children in bread, milk, eggs, green vegetables and fish. These foods are good for them, whereas money spent in meat for children is unwisely spent.

Thrift does not imply meanness. It is just good business applied to the home. We are beginning to know the meaning of thrift in Canada to-day. We had forgotten about the frugality of the pioneer settlers. We see now that we have been burning the candle at both ends. Let us not forget the thrift of the kichen, now that we have bought our Victory Bonds.

The waste in the preparation of potatoes which are peeled before being cooked is estimated by food experts to be at least 25 per cent. The waste is minimized when they are boiled in their jackets or baked. Try scrubbing them very clean with a brush and when they are dry, rub the surface with a little fat, then bake them. Write to the Canada Food Board for its free booklet on potatoes.

Try to work out a standard of supplies. Keep account f the amounts you buy and find out how much you need for one week. Then order the staples a week in advance. It is an advantage to buy a week's supply of milk and bread tickets. It takes no more money than ordering daily and saves time and energy. It is much easier for the average housewife to keep one bill than a dozen, and it certainly pays to keep correct accounts of the house supplies.

If you purchase food which is brought from a distance, you must pay the transportation costs. This is why oranges, grape fruit and bananas cost more than apples. There is no doubt that the flavor of the fruit enters into the market demand, but the food value of apples is higher than that of oranges. The same is true of vegetables. Green vegetables should have a place in every day's dinner. Buy those which are reasonable in price and grown locally.

One of the first things we heard on food economy during the early days of the war was that people were serving fewer courses. Now we can have several courses combined in the one-up of such combinations as cheese, dish meal. These dishes are made rice and tomato, cheese and macaroni, meat stew with vegetables and rice, baked rice with cheese, pork and beans, bean soups with milk, corn and beans, chopped meat and potatoes, rice and Hamburg steak, chopped meat and cornmeal porridge.

To Ensure Clean Food.

Washing foods, other than vegetables and berries, is quite necessary. A number of housekeepers would be shocked if they could see the dirt, bacteria and molds in many fruits which they consider do not need washing.

Prunes and all dried fruits should be washed thoroughly in warm water before soaking. Then cover with cold water and soak overnight. Right here it might be well to state that all dried fruits only absorb their original moisture content, and for this reason, when cooking, great quantities of water are not necessary. Scrub lemons, oranges and grapefruit with a brush under running water. Wash all nuts and then dry, before cracking.

If you purchase the shelled nut meats plunge them into boiling water, and drain and dry before using. Wash the tapioca and rice under plenty of water, until the water runs clear, before cooking.

Wipe steaks, chops, roasts and stewing meats with a clean damp cloth. Pour boiling water over seeded and cleaned currants and raisins, before using. Drain, turn on a cloth and pat dry.

Pour boiling water over candied orange and lemon peel and also citron peel. This will not only help it to be shredded easier, but also removes dust and dirt. This can be quickly done and the food will not lose its flavor.

Wash and wipe apples, pears, etc., and plunge grapes into a bowl of water or wash under running water and drain on a cloth. Fastidious people like to know and feel assured that the actual soil, due to handling and packing the food, is removed before placing the food on the table. Always remove food from paper bags and place in bowls or on platters before storing. A piece of charcoal will help keep the refrigerator clean and sweet-smelling, by absorbing all odors and purifying the box.

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ARABS, INDIANS AND TOMMIES

How Nationalities in British Eastern Army Regarded One Another.

In the Mesopotamian campaign the British force included some diverse nationalities. It was interesting, says Mr. Arthur Tillotson Clark in To Bagdad With the British, to see how these soldiers of different nationalities from Arabs to Tommies regarded one another. The Arabs cared little for the Indians, and the feeling was reciprocated. The Indians felt far superior to mere Arabs. But one fellow had an experience that made him a little doubtful of his superiority.

One dark night when this Indian soldier was on sentry duty he saw something moving in the dimness. "Halt!" he shouted; but the figure kept moving as if it did not hear. Again the Indian shouted, but the figure still moved along steadily. Then aiming in hopes of hitting it if it were an Arab and missing it if it were not, he fired. The figure dropped. Trembling with excitement, the Indian approached the spot where the figure had dropped. Nothing stirred. He must have hit it. He walked nearer and made out the shape of a man in a huddled position. He shouted again, but got no answer. The Arab was surely dead. Convinced that he had a prize, the sentry walked forward, and in his glee was about to kick the dead man when up jumped the Arab, seized the gun from the Indian and made off across the desert, never to be seen again.

Although the Indians felt superior to the Arabs, they stood in awe of the Tommies. One day some Arabs were walking along the path by the river where there was room only for two or three abreast. A group of Indians approached them from the opposite direction. They might have found room to pass, but no; the Arabs must jump down to the water to let the Indians have the whole path. No sooner had the Indians kicked the Arabs out of the way than some Tommies with a cart full of stores came along. Off went the Indians this time. The Arabs looked at the Indians and grinned. The Indias looked at the Arabs and scowled, and the Tommies noticed nothing.

Food Control Corner

Europe Asks For Meat.

"I see a real danger," said B. M. Heide, Secretary of the International Live Stock Show. "Farmers throughout the country have been working to raise grains. They have neglected their cattle. Now they pay the penalty.

"Europe is asking for meat, and will continue to do so for a considerable time. South American cattle raisers have lost stock through foot and mouth diseases and drought. A big demand for beef products is approaching—how will it be satisfied?

"The only remedy is for farmers at once to turn their energies to raising more cattle. There is ample grain to feed them, and transportation facilities will probably be adequate for all immediate needs."

France at the end of the war finds herself with 2,360,000 less cattle, 2,258,000 less sheep, and 2,815,000 less pigs than in 1914. She will be glad to buy pork and hog products in Canada as soon as financial arrangements as to credit in Canada can be arranged. Canadian breeding cattle also are wanted. Canada is the only country upon whose cattle France does not maintain an embargo.

Before the war Denmark used to send Great Britain 2,300,000 hundredweight of bacon per year. To-day Denmark is herself short of 1,873,000 pigs. And her great hungry neighbor, Germany, is short 19,306,000 pigs. Britain will have to look elsewhere for the bacon Denmark used to supply, and here is where Canada will find a permanent trade opportunity with the mother country of no mean proportions.

The live stock industry of this continent has not kept pace with the increase in population.

Uncertainty as to the market when the armistice was declared led many stock men to throw his stock on the market unfinished in the effort to turn his animals into money before prices went down. It was a poor policy as events have shown. There has been no decline in the price except when quality and finish were inferior. The export demand remains steady.

New Words.

To keep pace with the English language is no ordinary accomplishment. Since the war commenced many words have been invented, and even in peace times it is estimated that our language expands at the rate of five thousand words a year.

When Johnson published his first dictionary one hundred and sixty years ago, with fifty thousand words, it was pronounced to be so remarkably complete that all similar works were thrown in the shade. It held complete sway until Webster's work came along, in 1828, with one hundred and sixty thousand words, in two volumes. Towards the close of the nineteenth century the dictionaries of the English language passed the two hundred thousand word mark, and twenty years ago a dictionary containing more than three hundred thousand words was published. The latest dictionaries contain nearly half a million words, and it is to be presumed that the language will continue its expansion with the passing of each year.

The present estimated number of cows in Demark is 950,000, which is avout 200,000 less than in the summer of 1917.

The whole alphabet is in this one sentence of 48 letters:—"John P. Brady gave me a black walnut box of quite a small size."

Confidence Inspired By Bank of Montreal Statement

Bank in Strongest Position Reports Total Assets in Excess of Five Hundred and Fifty Millions—Prepared For After War Period of Re-Adjustment.

The Bank of Montreal comes out with its Annual Statement at a time when the strength shown must lend considerable confidence regarding the manner in which the Dominion will be able to pass through the period of readjustment.

It is especially fortunate that the Bank of Montreal, at a time of general uncertainty like the present, should be in a position to disclose such strength and solidity. This is the best guarantee of the assistance the Bank stands prepared to give the country and Governments.

With its total assets in excess of Five Hundred and Fifty Millions and Liquid assets in excess of Three Hundred and Seventy Million Dollars, the Bank of Montreal in reality becomes a National Institution that enables the manufacturers and commercial interests of the country to realize the resources back of Canada in a period during which must occur such a marked industrial evolution.

Throughout the uncertainty of the war period the Bank of Montreal, while lending fullest assistance to Canadian industry, has steadfastly followed and counselled a policy of keeping strong. As a result the reversal to peace conditions finds the Bank in exactly the position it desired to occupy when the change came to this country as well as to the rest of the world.

A study of the Bank's position at the close of its fiscal year will immediately enable every Canadian to become more confident regarding the outlook. Such an exhibit could hardly come at a time when it could be calculated to benefit Canada to a greater extent in the money centres of the world.

The very unusual strides made during the year are due in part to the absorption of the Bank of British North America but at the same time, month by month the Bank has forged ahead and with its large resources has been able to lend fullest assistance to both the Imperial and Canadian Governments as well as looking after the growing requirements of a considerable portion of Canadian municipalities and industries.

Just how great has been the progress made during the past few years can be appreciated from the fact that in 1914, the first year of the war, the total assets stood at $289,562,678, while to-day they have increased to $558,413,546. Liquid assets alone now stand at $370,351,000, being $80,000,000 above what the total assets were four years ago.

Expansion of Year.

The past twelve months have witnessed steady expansion even allowing for the absorption of the B.N.A. and now the total assets stand at $558,413,546, compared with $403,980,236 at the end of the previous year. Liquid assets total $370,351,651 and are equal to 71.28% of the total liabilities to the public and compare with $276,298,397 last year.

The measure of assistance lent the Dominion and British Governments is reflected by Dominion and Provincial Govt. securities of a value of $46,870,586 as compared with $28,573,222 a year ago and Canadian Municipal Securities and British, Foreign and Colonial Public Securities, other than Canadian, of $52,085,835 up from $33,455,254. The expansion of the general commercial business is indicated by Current Loans and Discounts of $146,028,861, as compared with $97,607,404, while at the same time Loans to Cities Towns and Municipalities have gained to $15,598,069 from $11,415,383, and Current Loans and Discounts elsewhere than in Canada $14,649,536 up from $10,045,811.

Deposits at Record Levels.

That the policy of thrift so strongly advocated by the Bank has been followed in a large measure by the people of Canada is shown by the increase in interest bearing deposits to the record level of $345,552,764 as compared with $246,041,786, a gain of almost One Hundred Million Dollars, while Deposits not bearing interest stand at $124,175,047 up from $71,114,641. As there is no increase in the Bank's capital stock in connection with the purchase of the Bank of B. N. A. it is assumed the amount required to redeem the shares of that institution has been set aside and included in the total of non-interest bearing deposits.

Profit and Loss Account.

The more favorable conditions under which the Bank has operated during the year have resulted in a slight increase in the profits, as compared with the previous year. The profits amount to $2,562,720, equal to 16.01% on the capital and compare with $2,477,969 in the previous year. These profits added to the Balance of Profit and Loss brought forward made the total amount available for distribution $4,227,613. Of this amount dividends and bonuses required $1,920,000, War Tax on Bank note circulation $160,000, Subscriptions to Patriotic Funds $46,000 and Reservation for Bank Premises $200,000, leaving the balance to be carried forward to Balance of Profit and Loss of $1,901,613 as compared with $1,664,893 at the end of the previous year.

PALESTINE AS A TRADING CENTRE

COMMERCIAL POSSIBILITIES OF THE HOLY LAND

Among Its Future Industries Will Be Agriculture, Cattle Raising, Jam and Soap Making.

In the minds of most people the Holy Land is hardly associated with trade and industry, yet as a matter of fact Palestine was one of the few provinces of the Turkish Empire where economic activities were pursued with energy and success. This is brought out effectively by comparing the value of Turkish trade as a whole with that of Palestine. Before the war, says the London Economist, the imports and exports of Turkey amounted annual together in some $243,325,000, which for a population of about 25,000,000 works out at $10 a head. The trade of South Palestine alone (with a population of 375,000), which flowed through the ports of Jaffa and Gaza, totalled some $12,166,250. This gives $30 a head of the population.

Both imports and exports have gone up in value during the last decade or two. In 1886 the imports amounted to $1,167,960, and the exports to $583,980; the figures for 1900 were, respectively, $1849,270 and $1,289,622, while for 1913 they were $6,375,115 and $3,649,875.

Two causes have contributed chiefly to bring about this commercial expansion. The railway system is one; the character of the population the other.

The geographic position of Palestine, now, as throughout the ages, makes it the highway between Asia Minor on the one hand and Egypt and Arabia on the other. It was therefore a vital link between the heart of the Turkish empire and its outlying parts, and this will explain why the Turkish government devoted more attention to railway construction in Palestine than in any other province. The first line was completed, between Jaffa and Jerusalem, in 1892; to-day Jerusalem is linked up with Haifa, a splendid harbor, with Damascus in the north, and with the Egyptian railway system via Gaza. But such lines as exist fall far short of the requirements of the country. The skeleton of a railway system is provided, and there will be great scope for railway construction on a large scale in Palestine.

Palestine may not perhaps be made into a land flowing with milk and honey, but its possibilities are nevertheless encouraging. Agriculture will, of course, continue to be the main source of the country's wealth, yielding oranges, wines and olives, to say nothing of the splendid barley grown in the Gaza district, which enjoys a well deserved reputation for excellence. Cattle breeding has also been attempted, on a smale scale, with satisfactory results, and experience shows that there are good prospects in this direction in the future. Moreover, the industrics that are likely to thrive will be based on the tillage of the soil. The manufacture of wine, brandy and raisins is held by competent authorities to be capable of great expansion; jam making has a future in Palestine; the manufacture of soap will be facilitated by the abundance of oil; and there is an opening for the cigarette industry, which will be able to depend on home grown tobacco of excellent quality.

HUNG PRISONERS UP BY HANDS

Germans Tortured British and Russians for Small Offences.

Appalling stories of the torture of prisoners of war in the hands of the Germans are told by the correspondent of the London Daily Express in Copenhagen, who has just paid a visit to the camp established at Sandholm, ten miles from Copenhagen, for repatriated British soldiers. One man from Doberitz, seen by the correspondent, produced a strip of rubber ten inches long and of triple thickness, which he had smuggled out of Germany. He said: "With this weapon the German cook knocked man after man senseless if the prisoner was suspected of trying to get a second helping at dinner. The cook slashed prisoners across the face, the jaws, and the ears. Victims were carried outside and cold water was dashed over them to revive them."

While the man was speaking a British sailor came along and confirmed the account, showing how the instrument had been used on the jaw and neck. He said the Russians were treated with special barbarity, being forced to kneel for hours with their hands behind them, now and then raising their feet from the floor while the German sentry carrying his rifle aslant, struck the Russians in the chest and face with the butt, if they did not hold up their feet as long as pleased him.

In other cases, the wrists of Englishmen were lashed to stakes, their toes just touching the snow-covered ground, and they were left there for an indefinite period. Many so strung up were prodded with bayonets. These punishments were inflicted for such offences as refusing to be worked to death, the correspondent says.

Do not add salt to milk while cooking, as this will curd it.

When Our Family Dolled Up

By R. M. Boyle

CHAPTER I.

"I wish to goodness you'd shave once in a while, George Anderson!" That outbrurst of Em's was what started us. She had been going to high school in town for three years, and it was pretty clear each time she'd come back that she didn't like our company very much at first until she got used to us again. In fact, if she hadn't been loyal clear through I confess I would have had a sneaking fear that some time Em would grow ashamed of us out on the farm.

We were sitting at the supper table when she fired that out of a clear sky. George's face got a dull red, and he rubbed the back of his hand over his cheek. Then he said:

"What's the idea in dolling up tonight? Going to have company?"

It was Em's turn to flush up when her mother cut in with, "Oh, no. Just one of her high falutin' notions. I don't know what she wants to be wearing her good white dress around the house this way for. First thing we know she'll be wanting to spend everything she can get on her clothes and putting on style like the Burgesses."

"I'd like to put on more than the Burgesses," slammed back Em. "I'd like to have something new to put on every day. I'd like to see you all in something new every day. I'd like to see Mother with her hair curled and in a blue silk dress and silk stockings and pumps.

"The only reason the girls don't rave about Mother's hair the way they do about Mrs. Burgess's is that it isn't shampooed often enough to make it fluffy and silvery, and because she drags it back and lets the short hairs strings. Just because Mother's got fat and goes around in a black suit four years old and a hat you'd laugh at if you saw it in a movie, you think she's lost her looks. She's got more looks now than she ever had in her life, and if you'd just let me doll her up once, you'd see.

"And I can't see why you and Dad can't fix up," turning to George. "You've got a lot more spare time, taking it the year round here on the farm, than a store clerk has, and yet you never take the trouble to be presentable unless you're going to church or to a show. There isn't any sense in this slouching around at home and dressing up just for other people to look at us. We have to look at each other, don't we?"

For a space the only sound that broke the silence was the chink of the dishes. Em sat there looking like lightning on the warpath and her mother was swallowing as if she was so mad she might begin to cry at any minute. I was trying to think of some appropriate remark to squelch the whole subject. Then George, who is a born pacifist, and who worships the ground Em walks on, spoke up:

"You're right, Em. We've got just as much to put in glad rags as the Burgesses any day. There isn't any sense in us going around all the time looking like the wrath of heaven. I think it time to make a change."

Em always subsides when her brother comes across like that. She looked somewhat ashamed of her little flare, and in a few minutes we were all talking as if nothing had happened. But after supper George went upstairs and shaved and changed his clothes. He probably felt rather sheepish about giving in to Em like that, because he suggested that they drive into town and see a movie, as if that was what he had dressed up for.

When the young folks were gone, I watched their mother pottering around doing one thing or another, and got to thinking of the time we were married twenty-eight years before and came to live on the farm. We were renters then, and it took years of scrimping and working and devising to put us on our feet.

We didn't go about much—we didn't have time, so we economized on clothes. We didn't care much about styles as long as a suit held together, and the wife never was one to dress up much anyway. Besides, with keeping up with new machinery and paying for the children's schooling, there wasn't much left for frivolity.

But, in a way, Em was right. The Burgesses hadn't a cent more than we had, but they did seem to have a sight more fun. Mrs. Burgess was president of the Clover Valley Woman's Club, and it seemed as if there were young folks over at their house every night. They had a tennis court on their place, and they had a porch, cozily furnished, where the family gathered in summer, while someone read aloud or played the phonograph. They had a fine home, and flowers and shrubbery which they seemed as proud of as their pure-bred live stock and big modern barns.

They had made very cordial advances toward us when they first came to live in our neighborhood, but we had not responded. We had decided that they thought themselves superior, and George and Em were stiff and shy with them. Personally I liked Burgess. He seemed to be a good, practical man and was making a success. But, as Em asserted, he wasn't making any more money than I was.

"Agnes," I said, "what's the matter with taking those kids at their word?"

She looked up with a queer expression, and I realized what made it. I guess I hadn't called her by her own name for years. Sometimes she got Aggie or Ag, but most of the time we had dropped into calling her "Ma"—except Em. She called her mother.

Right then we planned to surprise the children. Em was going to the city the next day to visit a school friend and would not return until the following evening. The wife and I decided that we would go with her, presumably on business with some of our city customers, but would spend the day shopping.

We reached the city a little before noon, had an early lunch, and then parted—each to do his or her own shopping. We planned to meet late in the afternoon and catch the evening train home.

When Mother met me she was quite flushed and excited, and looked younger than she had for a long time, even though she didn't have on any of her new clothes. We planned to dress up the next evening before Em got home. Mother seemed to have caught the spirit of the thing and could hardly wait.

(To be continued.)

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