The British Whig



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R.Northrup, 225 Fifth Ave., New York
R.Northrup, 1510 Ass'n Bldg., Chicago Attached is one of the best job

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NATIONAL GOVERNMENT a new record for the journalistic a remarkably economic basis if the talking-machines of the party was foods of the highest nutritive value to bring the country to a nonpartisan consumer. The trouble is that mo rulership while the war continues is people have educated their tastes so deprecated, and the public is told that it is difficult, if not impossible that "national government does not for them to change now. appeal to the people of Canada." The professor's conclusions thought on the subject, says the Lon- are surprising. Milk, even skimmed of the provincial Y.M.C.A. This does not agree with the recorded some points will be welcome if they

would be the best institution to con-good for the health. Meat once a etc., are all selling for much higher dent they must be used sparingly. eral rule would be superior; it could not help being superior to the tragic burlesque of the last few years. The Advertiser believes the Liberal party of Canada is big enough to clear the boards of politics, and forego whatbrake of partisanship or to complain of. without the brake of parcisa quarreling to press upon the wheels.

alarmed. The big men of the country who have become associate through patriotic endeavor are ready to drop the narrow-gauged method of present administration and sound a new note of devotion to country first. Ottawa trembles at the rumb-

ling in the distance. The recent result in Dorcheste has had a tendency more completely to disgust Ontario with the Conser vative-Nationalist alliance. They are sick of the cily Blondins, who advis-Canadians to slip across the border if they feel afraid of enforced service, and of the Sevignys, who sufficiently aroused the Nationalist feeling in the contested riding to hol the riding for the Government. The country blames Borden, and no Laurier, for such results in Quebeand they recognize the Dorchest decision as the evidence of the old compact, whereby the cream of cab inet positions have been given to Nationalists in harmony with the ho

navy agreement of 1911. The country wants national go ernment, and the request has alarmed the Conservative party. That party wants power above all other things. But the rank and file thinking Liberals and Conservative are for the united human resources of the land, with the best brain drawn from the common people and

Uncle Sam has very kindly remov ed one of the chief objections to conacription in Canada. "Border jump era" won't be able to make their ge

THREE DIPLOMATIC BLUNDER Germany, prior to the war, had the test secret service system in or known. Even to-day there is not single country in the world, either belligerent or neutral, that is no oneycombed with German spice. Y with all this excellent system of gaining information the German Fo. elsa Office made diplomatic bland

war. With the German Forcign Ofice the wish has apparently been the was to appear within father of the though?

gium would interfere with the Ger- raised in Conservative circles. But nan troops crossing that country in her invasion of France. But Belgium lid fight. The German Foreign Office would not believe that Great Britain would join France and Russia, but Great Britain did. Without any doub at all Count Von Bernstorff the German Ambassador at Washington, notified his country that the United oreign Office did not take Von Bernstorff's advice seriously. The United States severed relations.

The German Foreign Office is said the Oswego, N. Y., Palladium, they of this country standing strongly and squarely back of the President. Am ericans are not anxious to fight, but they can fight and will fight if the President calls upon them to fight.

At a meeting of citizens and farm- this. had anticiated what would follow the usiness men of that city together, tion. To this the editor of the Belle- ler. ville Intelligencer asks: When and where is Belleville's accommodation?

THE FOODS TO EAT.

The Whig prints another chapter on foods, and from the pen of Prof. Harcourt, who is an expert and authority. He explains that the cost Ottawa is getting anxious about the of living has gone up tremendously, national government movement, and and this living may be continued on issued yesterday. The effort on the are cheaply bought and well-cooked, part of business and professional men and are acceptable to the average

don Advertiser. It is merely an milk, and buttermilk, are highly reedict from the Rogers element, in garded, and milk and cornmeal, or blundering control of the Tory press milk and bread, are pronounced the bureau, to discard the idea because most sustaining of all foods. Rice is the Borden cabinet and some of the a splendid substitute for potatoes. Liberal members do not approve of Beans and peas can be relegated to the background with the cereals, and By Prof. R. Harcour But the public does appear to ap- because they are relatively too ex- rapidly. The price of flour has adneeds of the body. Eggs and cheese

service through Prof. Harcourt in submitting reliable information upon

To-day many of our roads carry otor traffic far in excess of the total traffic of all classes carried twelve years ago. No wonder our highways

CANADIAN VALOR.

Canada may take pride not only the money she has contributed to Great Britain's cause and the number of men she has sent to the continen after they have reached the battle eld, is the opinion of the Syracuse, N. Y., Post-Standard. One no longer Teuton is worth three Canadians. One may judge something of the nents other than the English

Six Canadians have won the covet are living. Three have been knightl, and thirty-seven have been made apanions of the noted English or

There are many older decorations than the Victoria Cross. There one more famed or more sought ter. Its possessor would not ex hange it for a knighthood. Fortu tely for the standing of the order England has been as chary of bestow ng it as in past history. The liof those now holding it-even sin 1914-is smalk. It is remarkab

that Canadians should have won six Canada's record on the battle fiel has been magnificent.

Canadians must be afrepared to d mething more than hope for the conclusion of the war. We must do verything and say everything in our ower that will lead to a concentraon of every atom of energy and ity of national strength and leav batever it may conduce to Adetrack

Germany did not believe that Bel- great hue and cry would but of holding partisan office. It will be noted that at Friday night's meetcer of the Royal Military College, was elected first vice-president.

EDITORIAL NOTES. The sinking of the California

the enthusiasm over United States to the fact that they are in great de-

use as a life restorer. Glad to know

with the result that the farmers were Atkins and the men over him are all provided with necessary accommoda- comrades. The war is a great level- supply an equal amount of protein.

troops barbarians, It seems the Canmost unlikely times and in the bitter-

tobogganing at Fort Henry.

on slide is in good shape.

HOW TO EAT AND DIVE CHEAPLY

day is said to be sufficient for the prices than formerly. It is not the Many people will possibly be surwhich may be called luxuries that is table, as we have often been told of no higher in price, is a cheaper sub- bothering the consumer; but it is the the wonderful nutritive value of an The government has done a great sanies of life have advanced so much when eggs cost more per dozen than that providing for the wants of the an equal weight (one and one-half

that the country's brain-power may and if they do they will have nothing render it necessary for us to study the than a pound of meat. In this sense foods available in order that we may they may be more economical than determine which are our best and meat.

cheanest foods and how these may be nbined to produce the best results. It is true that palatability and agreeeness enter largely into the prolittle of these cheap foods are used. At present prices they furnish the cheapest source of food protein. Milk form an almost perfectly balanced tizing diet, and it may be too bulky

lollars and twenty-five cents a bag, an unusually high price, yet they hold a fairly good position in the table. At present prices, however, the American practice of substituting rice that Germany flatly rejected in July, for potatoes with meats is an

> mand for export and are consequently very high in price. The legumes man's beef, but at present prices they more cheaply than the cereal grains.

The meats, fish and eggs are evidently our most, expensive foods. Beef flank at 14 cents per pound stands highest in the list; but it lacks The war has done away with the the cheap heat-producing carbonhy-"officer class" in the British army, ac-cording to an official report. Tommy charged in many forms of corest foods power as the basis for comparison, The Huns now call the Canadian beef flank is five times more expensmoked and cooked ham costs twelve ucks persist in fighting, attack at the times as much as catmeal, sirioin steak about nine times, round steak est weather, and allow the gentle and ten times, eggs twenty times as much kindly German troops no opportunity as the oatmeal product. As previousvalue, the gravy often adds a decided relish to the vegetable used with it, and, possibly, the animal foods, including milk, add a something to the diet that cannot be secured from any of meat used should be reduced to the minimum. Meat once a day is

ample, especially when milk and th milk dishes form an important part Hundreds of citizens are enjoying ditions, no ill results will follow do The ing away with meat altogether. There appears to be quite an erroneous idea abroad regarding milk.

mal protein more cheaply, even at 8 cents a quart, than most cuts of the in price recently that it has not the same advantage over meats it had a few years ago, but it is still a cheaper source of animal protein and fat than

pensive. The discussion of the meat vanced over 50 per cent. in the last dent that fish are even more of luxquestion is quite refreshing. More year or two; potatoes are almost ury than meat. All these foods lend ago, and breakfast foods, meats, eggs, but if economy 's an object it is evi-

It is not necessary to discuss the of eggs (usually eight) will go furcauses for this. Changed conditions ther in serving a number of people der it necessary for us to study the than a pound of meat. In this sense

and the minister whose favorite text it was about as comfortable to sleep

was the bottomless pit.

relic of happier days which has van- would begin to protude coyly from ished into the mists of oblivion, its surface and jab the occupant in along with the one-lunged reed organ the ear. Under these circumstances

The hair sofa has long since been home that amounted to anything con- supplanted by the reversible davenhears the German boast that one tained a glassy, horse-hair sofa situ- port, which can be converted into a ated in the front parlor and capable billiard parlor or a lady's writing of holding up anybody who wore desk by calling in a few of the neighpiked shoes. The principal object bors. This article enables a large tion to the hair sofa was that it was family to live in four rooms without pants inside of thirty minutes. It not care to turn over in the night, ncluding honors bestowed by govern- of these sofas without doubling up running one leg through the side-

The hair sofa caused more general The hair sofa was all right in its ility and backache than Bright's day and generation, but it would be ease and the zinc rub board, and as much out of place in our modern

THE MODERN JAIL

We've made our jail so snug and warm, imper vious to cold and storm, that Richard Roe is glad to twell all winter in his cozy cell. We've cleaned the walls and scrubbed the floors, and whitewashed ceilthere are no harmful microbes there. The jail's ined now and then by uplift dames and faddish men, who analyze the forks and spoons, and push coses in the prunes. The parsons there distribute tracts, and scientists take useful facts; we all take books and magazines and floral wreaths and kindred greens, and try to make the village jug more erful still, and still more snug. And from the window Richard Roe looks out upon the drifting snow. and sees the poor unlucky jays, who have not drawn their sixty days, by weary efforts strive to earn, some ons of toll, who sweat to make the kettle boll, since luxury like this they'd

know, if they were vags," sighs Richard Roe. **—WALT MASON.**

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