



Little Miss MAIDEN CANADA
If the Whole World Knew
 the great food value of cocoa, there would be less poverty.

One half-pound tin of Cowan's Perfection Cocoa added to the usual proportion of milk per cup, equals two pounds of beef in food value.

The cocoa containing the most nourishment, derived from the best and most expensive cocoa beans, may be bought everywhere.

COWAN'S COCOA
 "Perfection Brand"

LADY MAINWARING

Lady Mainwaring, the beautiful wife of Sir Harry Stapleton, Mainwaring, recently gave birth to a second daughter. The baronet and his wife have no sons, and the heir to the title is Sir Harry's uncle in New Zealand. Lady Mainwaring is a daughter of Sir Richard Williams Bulkeley, a large landowner in Anglesea. It is

said that a cheeky Liverpool tripper once stopped him in the streets of Beaumaris and asked him why he walked about the town as if it belonged to him. "Because it does," answered Sir Richard. Her father has commanded the Royal Naval Depot at the Crystal Palace since 1914. A great sportsman, his favourite recreations are yachting, fishing, and shooting.

VALUE OF FOODS TO THE BODY

Just how much food the human body does need is a complicated problem to which in recent years scientists have been devoting much attention. Food is the source from which the body derives both its energy, or fuel, and the substance it uses to build and replace worn-out tissues. It also provides small amounts of recently discovered substances needed to regulate growth and other bodily functions. As a unit for measuring the energy supplied, scientists have adopted what is known as the calorie, and it is estimated that for a full-grown man engaged in moderate physical work, 3000 calories a day are needed. Of these, from 300 to 400 should be supplied in the form of protein, the chief substance utilized by the body in tissue building. There should also be some fruits and vegetables which supply the mineral matters needed for building tissues and help in various ways to keep the body machinery in good working order; also fat and starches and sugars, which are valuable sources of energy. The energy supplied by the foods, as a whole, is consumed by the body in running itself and performing its daily work.

The number of calories and the amounts of nutrients contained in stated quantities of different kinds of food have been worked out by scientists and afford a basis for comparing the nutritive value of various dishes. The matter is so complicated that the ordinary housewife probably has neither the time nor the inclination to make a mathematical calculation of the nourishment her meals afford. It will, however, help her to know that by observing a few fundamental principles she can alter her bills of fare to suit changing conditions at home or in the market without any risk of underfeeding the family. First among these is the fact that an adequate diet should contain articles from each of the five groups into which the common food materials may be divided. These are:

1. Vegetables and fruits, which supply acids and other substances that the body needs to keep it in proper working order, as well as some building materials and energy.
2. Meats, fish, eggs, milk, legumes, etc. in which the proportion of protein to other substances is high in comparison with the other groups.
3. Starchy foods like potatoes, rice, flour and other grain products, etc., which furnish much energy and some protein and mineral matters.
4. Foods, rich in sugar, an excellent source of body fuel, the pleasant flavor of which makes the diet more attractive.
5. Fats, like butter, bacon, cream, lard, etc., which are valuable sources of energy.

No one of the groups can profitably be omitted altogether. It is, nevertheless, possible to avoid from a nutritive point of view a useless waste of money by selecting, first, the cheapest articles in each group; and, second, by submitting to a certain extent articles from a cheaper group of those from a more expensive. In particular, the grain foods in group 3 may be used more extensively than is common in many households, and the use of the higher-priced ones in group 2 may be correspondingly decreased. The grains furnish protein as well as energy, and in a cheaper form than meat. By combining them with a little meat, the meat flavor is secured and a dish as nutritive but much less expensive than meat alone obtained. This does not mean that all animal foods or even all meats should be shut out of the diet entirely. As far as can be judged, in the light of our present knowledge, the body is most likely to keep in health if it obtains its protein from a variety of sources, including milk (especially in the case of children, eggs, meat, etc.). Similarly, dried fruits contain not only the characteristic properties of foods in group 1, but sugar as well, and a liberal use of them will provide in an economical form much of the sugar which the palate craves.

The housewife too, who understands these and similar facts in regard to the composition and uses of food will be able to free herself from many existing prejudices. Skim milk, for instance, is regarded as unfit for human use. As a matter of fact, it contains practically all of the constituents of whole milk, except the fat taken off in the cream. On farms it is frequently fed to live stock, but in many cases it might be more economical to use in the household. If it is considered too thin for drinking, it may be used in cooking, as in making soups, mixing bread, or cooking cereals.

RUINED SHRINES

A traveller tells of journeying along roads in China where ruined shrines were frequent. Their idols were legless, armless, and crumbling to decay. It meant that the people had outgrown the gods they once worshipped and believed in them no more.

Something of that kind happens along the road of life. There are old shrines to which we once brought gifts, old customs and beliefs, which have lost their hold upon us. We see them as delusions or as not essential. The times have changed; we have changed. Newer and better things have come in place of the old; but that is no reason for mourning, and certainly none for loss of faith in God and His unfolding revelation to man. Growth must mean outgrowing also, the coming of new light, new understanding. The ruined shrines mean not loss but gain; they stand by the roadside, but we go on.

SIDECAR DE LUXE EQUIPPED FOR CAMP OR WAR USE.

A sidecar de luxe for motorcycle, which serves equally well as the usual carrier for two passengers, as an ambulance, or as a very complete camping outfit, has been designed by an English inventor. It consists of an attractive metal body divided into three compartments. In one there is room for two passengers. Another, at the front end, consists of two lockers, and the third occupies the lower portion of the car and is equipped with a special removable case, or port manteau. This container is composed of two halves hinged together in such a way that they can be opened out to



"The next solacing fact is this: That most of this debt will be a debt we owe to ourselves. Great Britain is borrowing in the main from her own children. The debt is in the family . . . and the more we lend the less will Great Britain owe to others. And that is the most important fact in our national security and national wealth."

— Premier Lloyd George in Albert Hall, London, October 22nd last.

Happy will be the Nation which Owes its War Debts to its Own People

THE interest on Canada's war debt is now about \$25,000,000 a year.

If that interest is paid in Canada to the Canadian people it will go back into circulation in Canada, instead of being sent out to foreign creditors.

Likewise when the principal comes due it will be kept in Canada for re-investment and thus will aid in the development of the nation and its resources.

And that is a most important fact in Canada's national security following the war, just as it is important to Great Britain's National security that her war debt shall be owed to her own children, when the war is over.

So when you buy Victory Bonds you not only directly help Canada to fight the war but you contribute to the national security after the war.

When the Canvasser Calls, be Ready— Put Every Dollar You Can Raise into Victory Bonds

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada

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 The only Razor that Sharpens its own Blades Automatically
 This is important because it keeps the blades from getting dull. The 12 blades you receive with the AutoStrop Outfit will give more than 500 clean, comfortable shaves. It strops, shaves and is cleaned without taking apart.
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form a table suitable for emergency use by a surgeon. One portion contains drawers in which supplies may be stored, and blankets or clothing may be kept in the other half. A small folding table, together with two camp chairs, are carried strapped to the rear of the body.
 The sidecar is provided with a folding top, while the rear of the car is so made that it can be let down to permit the loading or unloading of a patient. A stretcher, with wheel supports, which folds up and is carried inside the body, is a part of the outfit and on camping trips serves as one of three beds, the other two being the portmanteau and the sidecar itself, which has removable upholstery that is covered with leather on one side and with cloth on the other. This serves very satisfactorily as a mattress. Another important article provided with the car is a thoroughly waterproof tent with a frame composed of telescoping parts. It measures 14 by 10 ft. and is divided by a curtain into two rooms. A full page of illustrations, depicting the various features of the interesting vehicle appears in the December Popular Mechanics Magazine.

TALKS WITH HIS HANDS
 The retirement of General Hugh Scott from the position of Chief of

Staff at Washington has caused widespread regret in the land of the Stars and Stripes. The General is acknowledged to be one of the greatest experts in the world in sign-languages, and he speaks every North American Indian dialect. He is still named in Indian reservations Mole Tequop, the "Man Who Talks with His Hands," because of his mastery of the intricate Indian sign-talk, in which he can converse by the hour.
 He has been plucky as well as diplomatic in his dealings with savages. In one jungle-battle with a tribe of cut-throats he had both his hands smashed one after the other, but continued in command with both hands aged hands strapped to his body, his

orderly helping him to mount and dismount.
 Not long ago General Scott went unarmed among the Indians of Utah and persuaded several of them charged with murder to return with him and stand their trial.
BUTTONHOLED EDGES
 Great difficulty is often experienced in trying to keep the edges that are buttonholed from fraying. The best thing to do is to run a line to be machine stitched along the line to prevent the goods from fraying before and during the work, but will treat a stronger and neater effect after it is buttonholed.