

TRUTH ABOUT THE GOOD OLD DAYS

To hear some people complain about Mr. Hoover's food regulations, one would think that he had upset some fixed rule of the universe in regard to our eating. But away back in the thirteenth and fourteenth centuries they had their meatless days—and not only days, but weeks—and endured them without complaint. It is possible that if the war lasts long enough we may get so case-hardened to meatless days that they will become the custom, and people will forget that anyone ever ate a beefsteak on Tuesday.

The high cost of living troubled our ancestors not at all. Probably there were no food profiteers in those days. The records of the Percy family during the reign of Henry VII of England—the latter half of the fifteenth century—show that their permanent household was one hundred and sixty-six persons; the number of guests averaged fifty, and the washing for this company of two hundred and sixteen was only forty shillings a year. In terms of our money, this was about \$200, or less than a dollar a year for each person. An illuminating sidelight on this entry is the fact that only the men ranking as knights had a tablecloth, and this was washed once a month. There were no napkins, and the company dined according to the principle that "fingers were made before forks." Nor were many bedclothes included in this laundry bill. Blankets were the only coverings that were used, and these had only just come into fashion. Indeed, until the thirteenth century straw constituted the bed of the King of England.

From Midsummer's Day to Michaelmas was the only time that meat was served. The menu of a typical breakfast, "which my lord ate at seven in the morning," is preserved: "One quart of beer and wine, two pieces of salt fish, six red herrings and four white ones, and on flesh days half a chine (backbones and ribs) of beef, or a mutton boiled." This would make a pretty substantial meal for the average commuter to bolt before train-time!

Most of the simple fare was from the lord's demesne, and the cost of farm labor was not prohibitive to good living. Prices of agricultural labor in the fourteenth century make the wages of hands on our Middle Western farms seem like princely incomes. In the reign of Edward III, in 1352, a haymaker got a penny a day; a "mower of meadows" received three pence, or five pence an acre. Reapers were paid two pence during the first week of August, four pence the next, and so on in an ascending scale, but they had to board themselves and bring their own scythes and pitchforks. In 1389 teamsters got ten shillings a year—about fifty dollars, according to the present standards of value. Shepherds got the same, and ploughmen seven shillings. It is interesting to note that even in those early times women instituted a fight for the same wages as men—and won. The pay of a "woman laborer" and that of a man was the same—seven shillings, or, in modern terms, about \$35.

In connexion with what has been said about the food, it might be noted that the meal hours were quite different from ours. My Lord Percy was not alone in his rising and breakfasting at seven. Other noble men could sleep late, too. But the common folk had to be stirring earlier. A doggerel of the time of Francis I runs:

To rise at five, and dine at nine,
To sup at five, and bed at nine,
Will make a man live to be ninety-nine.

In France the custom of dining at nine in the morning was soon changed; but for a long period people dined not later than ten o'clock. Supper was served at five or six in the evening. Charles V, Emperor of practically the whole of Europe, ate dinner at ten, supped at seven, and the entire court was in bed by nine in the evening. In the winter-time curfew at six warned everybody to put out their fires; in the summer the bell rang between eight and nine.

Similar changes took place in England, but there it was perhaps as much a change of names as of meals. Our British ancestors would have called our luncheon their dinner, and our dinner their supper. A survival of this is visible to-day in some of the colleges of Oxford University, where allowances were made for the scholars' meals by the founders. More money was provided for the supper than for the dinner.

The meals were eaten from pewter or wooden plates, usually without the assistance of forks, though in the reign of Elizabeth forks began to come into use among the nobles. They were wicked-looking implements, with two long tines capable of inflicting serious damage in the hands of an unskilled person. The wooden plates were called trenchers, whence comes the expression, "a good trencher-man," to describe a hearty eater.

SINGER SEWING MACHINES

Can now be purchased at my store for I have taken the Exclusive Agency for Eastport—Lubec—and this vicinity, and no matter how old—or out of repair your machine is I will make you a liberal allowance for it on a New Singer. 3 Fly Oil—Shuttles and new Parts for Any make. Sewing Machines and Talking Machines all makes cleaned and repaired—WHY NOT CALL—

EDGAR HOLMES SHOE STORE

131 WATER STREET EASTPORT, MAINE.

trencher-man," to describe a hearty eater. Up to the early years of the last century pewter and wooden dishes were in common use in parts of rural England, but the cheaper and more plentiful earthenware utensils rapidly superseded the more picturesque old ones. The wooden bread boards that are just at present coming into fashion for cutting bread on the table as it is needed, are artistic revivals of once ordinary tableware.

JOSEPH LAMONT GAVIT, in *The New York Evening Post*.

VICISSITUDES OF A STATUE

THERE is no possibility of missing the statue. Even the most hurried visitor to London would be sure to see it. For, whether he walks down the Mall and under the Admiralty Arch into the rush of Charing Cross, or reaches the same place by way of Cockspur Street, or by way of the fountains of Trafalgar Square, or with the crowds along the Strand, or with still more crowds of Whitehall, he must come upon it—the statue of a debonair horseman of other days, clad in all the frill and fashion of the Cavalier. He sits on his charger high above the traffic which surges past him, and looks down the length of Whitehall into Parliament Square. It is, of course, Le Sueur's statue of Charles I.

Over and over again have the Westminster authorities threatened to remove it to another place. Such removal was, indeed, involved in the original schemes of the Admiralty Arch, says the *Christian Science Monitor*. But, just as though it had definitely and finally come to rest after the changes and chances of its early days, the statue, year after year, remains where it has stood for so long a time. It certainly deserves all the rest it can get, for few statues, always excepting the much-harassed products of Rome and Greece, have passed through more difficult times. This was the way of it. The Revolution had found Le Sueur's work finished, but not yet placed. Parliament was duly notified of its existence, and acted as it acted toward many similar things deciding, in so many words, that the statue was "useless, dangerous, and ought to be abolished." Parliament decided, in fact, to sell it for the value of its metal, with the strict injunction that it must be broken up.

Now there was at that time living at the Dial, hard by Holborn Conduit, a brazier, one Rivett, a good name for such a calling. He made an offer for the statue, and to him it was ultimately sold. When exactly the "great scheme" came to Master Rivett, whether it was planned before he approached the authorities at Westminster, or whether it was thought of only as his heavily laden team bearing the statue along Oxford Street on the way back to the smithy, history does not relate. And, of course, in any case, that is only a matter of passing interest. Whatever evolved, Master Rivett carried out his scheme with the utmost thoroughness.

The Holborn of those days was a liberal, generous place, a place of fields, lanes, and gardens, and Master Rivett, having a garden behind his smithy, took his statue there, and then, instead of breaking it up, dug a huge hole and buried it. This part of the work accomplished, he got him to his smithy again, and from thence in a few days, began to emerge various small articles which he declared were made from the goodly bronze of the statue. As the matter became known, people came in crowds to the Dial desiring to buy. Royalists came to buy souvenirs of the King, Roundheads came to buy "trophies of the triumph of liberty over tyranny." And Master Rivett's fortune grew steadily. Finally came the "crowning mercy," as far as the brazier was concerned, in the Restoration. For he lost no time in digging up the statue and securing from a grateful King and court a suitable reward for his far-seeing loyalty. Some years later, on a pedestal designed by Grinling Gibbons, the statue was erected. Like the monarch of the day, it came back determined "never to set out on its travels again."

TO SURVEY THE WAR

It has been announced that the following will compose the party of representative Canadian newspapermen who will proceed to England as guests of the British Government, to make an extended survey of the Old Country under war conditions, and also a tour of the western front:

W. R. McCurdy, the *Herald*, Halifax, N. S.; J. L. Stewart, the *World*, Chatham, N. B.; Adjutor Sevard, *Le Soleil*, Quebec; Hon. Frank Carrel, the *Telegraph*, Quebec; A. R. Penny, the *Chronicle*, Quebec; Hon. Smeaton White (in England), the *Gazette*, Montreal; Fernand Rinfret, *Le Canada*, Montreal; Charles Robillard, *La Patrie*, Montreal; Oswald Mayrand, *La Presse*, Montreal; Norman Smith, the *Journal*, Ottawa; W. R. Givens, the *Standard*, Kingston; J. S. Douglas, *Mail and Empire*, Toronto; F. D. L. Smith, *News*, Toronto; W. J. Southam, *Spectator*, Hamilton; A. E. Miller, *Free Press*, London; John Weld, *Farmers' Advocate*, London; E. H. Macklin, *Free Press*, Winnipeg; R. F. Richardson, *Tribune*, Winnipeg; W. L. Kerr, *Leader*, Regina; W. A. Buchanan, M. P., *Herald*, Lethbridge; J. H. Woods, *Herald*, Calgary; M. R. Jennings, *Journal*, Edmonton; W. C. Nichol, *Province*, Vancouver, and J. F. B. Livesay (Secretary) Winnipeg.

GERMAN INTRIGUE

To the Editor of the *New York Times*:

On that fateful day of Aug. 4, 1914, when war was declared between Great Britain and Germany, the Society for the Advancement of Science, one of the most eminent coteries of knowledge in the world, met in Australia for the first time. We felt honored, and as a member of the council of the Adelaide University I was privileged to be present.

Naturally, the dread announcement overshadowed everything, including science. Anti-German feeling became manifest; but in those foolish old days we regarded our guests as merely "victims" of the Kaiser's dream of world domination.

A venerable and kindly looking old German professor of world-wide fame, with many academic degrees, rose to address the brilliant assemblage. He was greeted with a chorus of sympathetic cheers. "No one," he said, "deploras this terrible conflict of physical against mental and moral force more than I do." He was believed. The sessions of the society removed to Melbourne, and the amiable professor was everywhere sympathetically received. He was pitted. Then rumors commenced to circulate. It was alleged that his private sentiments were not consistent with his public statements or with his rôle of a disinterested scientist. The authorities took action, and despite strong protests from this "victim" of the war, searched his valise and found concealed in a small pocket a complete copy of the official plans of the naval fortifications and defenses of Melbourne! Needless to say, he was promptly and effectively dealt with; the plans never reached the Wilhelmstrasse.

Another case was not dissimilar. This professor, also ingratiated himself with his fellow-scientists, and to a friend remarked:

"It is so terrible to be away from Germany and my people at this anxious time." "Yes, indeed," was the friend's answer, "your wife and family will feel it deeply." "Oh, it is not that," replied the professor, "but to be absent from the Fatherland at this time of spiritual awakening is beyond endurance."

The friend had not then read Treitschke, Nietzsche, and the host of Hun philosophers, statesmen, soldiers, and poets on the true significance of the spiritual awakening. He had not then read the Kaiser's proclamation. "I am the instrument of the Most High, I am His sword and representative. Death and disaster to those who resist my will." This friend was soon to learn of German perfidy, but meantime the professor had made certain discoveries, the sessions broke up, and he escaped!

But these and other lessons were not lost. An effective campaign against Hun influence was at once launched. Every German school was closed, every German newspaper suppressed, the German language was prohibited, pro-German members of all public and private bodies were retired, every German town name was altered, and all trade contracts annulled. And the Australian Prime Minister is now able to declare that Australia had cut out the last vestige of the cancer of German influence and commercialism.

Germany alone, of all the nations of the world, sends spies and emissaries to corrupt, disintegrate, and destroy free and peace-loving peoples. No one ever heard of American, English, or Australian spies—professors or otherwise—plotting against Germany. But German spies and German money and German influence permeated the earth, scheming to make the war map favorable for "Der Tag." Every grade of society was ushered into the service of the Wilhelmstrasse to further the Kaiser's interests, to spread poisonous literature, to disseminate States, to sow seeds, to promote uprisings, to commit outrages. "Friendly" countries were to be weakened and, if necessary, destroyed, to assist German aims in the carefully planned and inevitable world war.

America has had many portents of Hun policy. The Kaiser's own declarations to Mr. Gerard are on record. But General von Bernhadi's disclosures of how Germany would treat the United States are not so well known—"Since England committed the unpardonable blunder

from her point of view, of not supporting the Southern States in the American war of secession, a rival to England's world-wide empire has appeared on the other side of the Atlantic." In other words, Germany would not have committed that unpardonable blunder. She would have supported the Southern States and prevented the Union, not because the former were right, but because a United States would have stood in the path of German aggression.

How, then, can German propaganda best be defeated? "Eternal vigilance is the price of liberty" is the answer. Every case should therefore be treated on its merits. Facts, not outward appearances, must alone decide. But vigilance must be guided by justice and have no bad motives. To circulate unfair or misleading reports, to give information through malice or "to work off a grudge" is an un-American as it is un-British.

But at all costs and at all hazards every pro-German must be discovered and scotched—once and forever. Till that time comes no nation can be free.

W. J. DENNY, M. P., M. C.,
Ex-Attorney General of South Australia,
New York, June 19, 1918.

BOOTH SARDINE FACTORY IN ST. JOHN IS READY

The sardine factory of the Booth Fisheries, Ltd., West St. John, will start operations on Thursday, July 4, according to announcement made this afternoon by General Manager S. Q. Grady. The West End factory, which was planned, promoted, and erected under the direction and guidance of Mr. Grady, is in size and equipment one of the largest and most up-to-date in the world, and was constructed and fitted with machinery, ready to operate, in the record time of twelve weeks. The plant is equipped to handle 100 hogheads of sardines per day and to turn out 2,000 cases of sardines every 10 hours.

The office staff and factory help, including 80 men and 125 girls, are all ready for the whistle on Thursday next, and it is intended to continue operations throughout the season, even though it should be necessary to bring sardines here from downshore.

Five girls, expert packers, arrived here Tuesday from Eastport, to act as demonstrators and instructors to the inexperienced girls engaged here.

The West End factory will pack a standard grade of sardines.

The 60 ton motor-driven carrier *Castro*, No. 2, arrived Tuesday to assist in handling the local catch.—*St. John Globe*.

AMUNDSEN'S SHIP SAILS

Christiansia, June 28.—Raold Amundsen's ship, *Maud*, in which the famous explorer will attempt to reach the North Pole, left Christiansia to-day for the North. Captain Amundsen himself will board the vessel when she reaches Tromsø.

Before he left for Tromsø, Amundsen received a cable message from President Wilson, through Secretary of State Lansing, extending to the explorer his best wishes.

Captain Amundsen plans to follow the Siberian coast eastward from North Cape. He is particularly familiar with this region of the Arctic, having in 1906 discovered

the Northwest Passage, for which he was decorated by the Emperor of Germany. He built the ship *Maud* after a new and unique design. The ship is so constructed that all points on her hull will present the convex surface of an arc to the pressure of ice. Crude oil will be used as fuel, and Captain Amundsen hopes to make a greater portion of the northern trip by sail. In addition to his other equipment, Captain Amundsen's ship carries two airplanes in which the explorer may complete his journey to the Pole.

Capt. Amundsen last October returned the decorations he had received from the German Emperor as a "personal protest against the German murder of peaceful Norwegian sailors in the North Sea."



Two Questions

With so many low-priced so-called anti-skids obtainable, would that great host of motorists pay more for Dunlop "Traction" Tread if they could get its merits elsewhere?

Also, would that other large list of car owners buy "SPECIAL" if tires which somewhat resemble it in appearance resembled it in efficiency?

A. 99



We Carry in Stock

THE MOST COMPLETE LINE OF

Light and Heavy HARDWARE

Paints and Varnishes
Mill, Plumbers' and
Contractors' Supplies
in the Maritime Provinces—Some
Say in Canada.

¶ All orders by mail or telephone will receive the same prompt attention as though you came in person. ¶ If you are a customer you know what our delivery service is; if you are not, become one and see how well we can serve you. ¶ Our prices are no higher than good quality goods ought to cost. ¶ ¶ ¶ ¶

T. McAvity & Sons
LIMITED
Saint John, N. B.

Nature's Healing Herbs for Headache

A BLOOD FOOD
PRACTICALLY all headaches come from two causes—Biliousness and Nervousness. Biliousness means upset stomach, and constipation—both severe throbbing pains all over the head. Nervousness means that the nerves are exhausted and need rest and food.

Dr. Wilson's HERBINE BITTERS

insure quick and lasting relief from these headaches. The simple old-fashioned herbs tone up the stomach, regulate the kidneys and bowels, purify the blood, and build up the whole system. A reliable spring tonic. Get it today and get rid of your headaches.
At most stores. 25c. a bottle; Family Size, 75c. and 1.00.
The Brayley Drug Company, Limited
St. John, N. B.

BRITISH

According to there are, women are trades that the British are exclusives and wants are helpers, Re not counted women was ably over.

Less than ed in Great and these The report government service and two employ numbered cal and workers, 10 000 called as mechan drivers, str cab drivers letter car workers of on steady response h week.

The spirit Difficult w shunned by hours are t "We're n when hold "What will go holiday tied their c thing con work conte weeks and former mai Skilled teach these secrets of tor factorie and doing t every day in front.

"Farmers a pleasant s employments b unlovely to such nerve horses wher creatures, and be wort placed in yo ment's advic the Woman the more th in war w message.

Try a Fo

Hand

Liner

Hand