

## THE DAILY MAIL.

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## TURKISH DIET SIMPLE.

The fighting Turk is largely a vegetarian, and this in spite of the superstition about the omnivorous character of the true warrior, according to a sketch recently prepared by the National Geographical Society, which tells of the staples of the Turkish table and describes some of the favorite dishes of the folk upon the Bosphorus. The sketch is as follows:

"Turkish fare is distinguished by its simplicity. The Turkish kitchen might be put at one end of the scale and the French kitchen at the other. The complexities of Parisian cookery demand a long and a careful education for a clear comprehension of their values and for proper appreciation while the dishes of Constantinople, at least those which appear upon the tables of Turks in the ordinary fortunes of life, are rudimentary.

"Fruits, grains and vegetables are the staples of a Turkish kitchen. Breakfast on the Bosphorus consists of a small cup of Turkish coffee and a roll. At noon there is a bowl of sour milk (yaourt) and bread. Thick Turkish coffee is taken again in the afternoon to key up the appetites for the principal meal, which comes at night. This meal includes, probably, pilaff (meat and rice) several kinds of vegetables, pastry and thick coffee. The workman's meal is still more simple—a chunk of bread and an onion or a bunch of grapes.

"There are, however, some dishes upon the Turkish bill of fare which the returned westerner never wholly ceases to regret. Pilaff is one. It is a food as national with the Turk as the potato with the Irish, as the cabbage with the German. It takes a multitude of forms, but its basic quality, its quality of being pilaff, is derived from rice being cooked in such a way as to preserve each grain firm and distinct. The rice is unpolished, and in the cooking takes on a gelatinous coat. Sometimes it is boiled in mutton fat, a rich, smooth, inviting dish. Sometimes bits of roast mutton are mingled with it, when it becomes a meat pudding of delicious flavor. It is cooked with small currants and pinenuts, fragrant and spicy. It is stuffed with dates and flavored with orange peel; but whatever its form, it is one of the treasured memories of a visit to the Near East.

"Egg-plant is the foundation of another favored Turkish dish. It is stuffed with chopped onions and rice and cooked in oil. It is also stuffed with meat marrows and rice, and steamed until it becomes a culinary inspiration. The westerner, furthermore, learns to enjoy many of the milk foods. Yaourt, cultured milk as thick as sour cream, prepared from rich milk of the buffalo cow, is a satisfaction to the most pampered diner. Chicken-breast-milk, made from grated chicken breasts; jelly-like rich milk, starchy pudding, eaten with sugar, and rose-water! and yaourt, with chopped nut meats, are other dishes.

"The Turks are fond of sweets. They prepare a kind of bread, which they soak in honey and eat with ice cream. They also prepare pastry in strings soaked in honey. Their fruits are excellent, better in quality and of greater variety than the fruits of the West. Meats, alone of raw food materials, with the exception of mutton, are poor in Turkey, but then the Turk is a good deal of a vegetarian.

"The simple diet of the Turk has taken nothing from his good physique; rather likely it is one of the main sources of his health and strength. The Turkish porter or hamal dines on a chunk of bread, costing 1 cent, together with a melon, a bunch of grapes or an onion, to the cost of another cent, yet his daily toil consists in carrying packing cases, pianos and other knick-knacks around on his back, to the astonishment of every visitor. This rugged Turkish burden-bearer eats a dinner at night which costs in times of peace about 4 cents—a bowl of pilaff with bits of meat in it."

## DR. SIMPSON'S CASE.

Discussing the case of Dr. Simpson, the Manitoba boodler under arrest in England, the Toronto Globe says:

"A score of Canadian medical practitioners, at least his equal in scientific skill and in professional experience, have been kicking their heels on the mud plains of the army camps in England for many months, waiting their chance to go to the front. His place in a base hospital in France need not have been vacant an hour; in the witness box in Winnipeg no living man can take his place. No interest will suffer, scientific, military or patriotic, even though he never saw France or Flanders again. Public justice will be insulted, a gang of public plunderers, as brazen and insolent as any yet known in the records of Canada or the United States, will be given a chance to escape the prison cells, the politics of Manitoba may be left with its filthy mess uncleaned, and the honor of Canada among the nations of the Empire may become a byword and a hissing, if Robert Mills Simpson is allowed to escape telling what he knows of the looting of the Province or standing trial for his part in it."

Sir Douglas Haig, the new commander of our forces in France, is described as a man of positive temperament and very aggressive. After the fight at Neuve Chapelle, Sir John French spoke of him as showing "energy and vigor," "ability and power," and as one who knew how to make "able and skilful dispositions" of his men. We are inclined to think that Sir Douglas will give us all something to talk about before long.

Toronto Globe: The men can be obtained. What about the money to pay them and the arms and equipment without which they would be useless on the field of battle? Is Canada able to finance her army? The Globe believes this also to be within the power of the people of the Dominion if they set themselves as resolutely to the duty of providing money as to the task of raising men.

## NO PANIC WHEN EDWARD VII STRUCK FLOATING MINE

(Canadian Press.) London, Jan. 11—One of the crew of the King Edward VII, the battleship which was reported Sunday sunk by a mine, says: "Our captain was on the bridge when we struck the mine and did not leave it until ten minutes before the ship disappeared. There was no panic. He kept us all cool with his cheering remarks. We struck at 11.45 o'clock in the morning and the ship disappeared at 7.45 o'clock in the evening. In response to wireless messages the destroyers took us in tow. The weather got gradually worse and the towing hawsers broke. The captain gave the order, 'Every man for himself,' and some got away in the ship's boats. The destroyers took the remainder. The last boat left the ship at seven o'clock, though the captain remained on board another half hour."

## TWO OF FORD PEACE PARTY HELD IN ENGLAND

London, Jan. 11—The Express says that two members of the Ford Peace Party, whose names are withheld, have arrived unexpectedly at Tilbury, opposite Gravesend, where they have been detained for the port authorities pending instructions from London regarding their disposal.

## TORTURED BY RHEUMATISM

## Sunday School Supt. Tells How "Fruit-a-tives" Relieved

TORONTO, Ont., Oct. 1st, 1913. "I have lived in this city for more than 12 years and am well known. I suffered from Rheumatism, especially in my hands. I spent a lot of money without any good results. I have taken 'Fruit-a-tives' for 13 months now and am pleased to tell you that I am well. All the enlargement has not left my hands, and perhaps never will, but the soreness is all gone and I can do any kind of work. I have gained 35 pounds in eighteen months."

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50c. a box, 6 for \$2.50, trial size 25c. At all dealers or direct from Fruit-a-tives Limited, Ottawa.

## 26TH BATTALION NOW PART OF 3RD DIVISION

Ottawa, Jan. 10—Announcement was made tonight by the minister of militia that the 5th Brigade of the Second Division is being reorganized so as to form a brigade wholly of battalions from Montreal and district. It will consist of the 14th Battalion, the 22nd French-Canadian Battalion, the 24th Battalion and the 50th Battalion. The brigade will continue under the command of Brigadier General D. Watson.

The 25th and 26th Maritime Province battalions are being transferred from the 5th Brigade to the 9th Brigade of the Third Division.

The foregoing would indicate that the Third Canadian Division, which has been at Bramshott Camp, England, under command of Lord Brooke and which includes the 55th (New Brunswick) Battalion, is moving to France, up to the present there having been but two Canadian divisions on the firing line. A letter received yesterday from a member of the 52nd Battalion (Third Division), which spent some time in St. John, had the news that that unit would leave soon for France. The news that the Montreal battalions are being brigaded together irrespective of the contingent in which they were raised, would indicate that in time the New Brunswick division would take part in the march to Berlin as a fighting unit.

## W.S. HARKINS CO. HERE THIS WEEK

Mamzelle, known as a comedy of surprises, will be the offering of the W. S. Harkins Players at the matinee on Saturday afternoon next. To tell any of the story of the play would spoil the pleasure of the audience, as the story contains so many surprises. It's a totally different play from anything you have ever seen. Wherever produced it has been a tremendous success. The best thing you can do is to keep your eyes and ears open and be prepared for the surprises. No matter when or where they take place they'll each cause a laugh. When produced at St. John a few days ago for two nights, so great was the demand to see it that it had to be repeated at a matinee performance. There will be several dainty vaudeville numbers introduced during the second act. There will be no reserved seats for the matinee. The price is twenty-five cents to all. The opening play is The Spy in the House next Wednesday night. Don't miss it.

## FEW JEWS EMBRACE TURKISH CITIZENSHIP

(Canadian Press.) Paris, Jan. 11—The Midi declares that only five or six thousand Jews in Palestine have applied for naturalization as Turkish citizens notwithstanding pressure exerted by the Ottoman government. The Midi explains that thousands of Jews who have tried to leave Palestine but were forbidden to do so, will be put in concentration camps. Correspondence of the Frankfurter Zeitung from Jerusalem given out by the Overseas News Agency in Berlin last November said that twenty thousand Russians have requested Turkish citizenship, which was granted them by the government without the payment of the ordinary taxes.

## CHINESE REVOLUTIONARIES ATTACK CUSTOM HOUSE

(Canadian Press.) London, Jan. 11—Reuter's Hong Kong correspondent sent word that on January 5 a band of revolutionaries attacked and looted another customs house at Kacheung, near Yintin. A report from Hong Kong last Saturday told of a raid by about a hundred revolutionaries on the customs house at Yintin, a town about five miles from Shatkok. At that time the foreigners were ordered to leave Yintin and they arrived safely at Hong Kong.

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