

# THE DAILY MAIL

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WEDNESDAY, FEBRUARY 13, 1918

## THE SQUARE MEAL.

When food experts fall out and set to clapper-clawing, says an exchange, the ordinary public, which eats for pleasure and does not think much about "calories" and "vitamines," stands well to one side and wonders what it is all about. Eating is so simple, so easily learned and such a common and pleasant practice, that learned argument about the matter does not appeal to the layman.

Yet serious inquirers find that there is much to be learned about "perfect nutrition." The factors involved in it, we are told are briefly these:

Carbohydrates and fats, to supply fuel; protein, to provide tissue repair; inorganic salts, to maintain nutritive conditions; vitamins, to perform unknown functions; acid base elements, to furnish neutrality to tissues and fluids; and last of all, bulkiness to the diet to facilitate excretion.

These things are all well and good, but there is another thing without which they are little. This other thing the ultimate consumer must furnish himself. It is appetite. He must look upon the elements named above with something of gusto. He must not regard the matter as one of duty or of chemistry merely—but as pleasure.

And the appetite is appealed to, not by carbohydrates and fats, but by roast turkey with trimmings. No man will warm up to inorganic salts and vitamins as he will to a small steak with French fried. Eating is something in which every man thinks of himself as an expert, and while the professional experts in vitamins, calories, proteins and their kind are disputing mightily, he smiles and goes in for a square meal. And on this quadrilateral proposition, the most learned advocates of the balanced ration also are at one.

Dealing with the submarine menace, The Philadelphia Record says: "Quantitatively, it was promised that the submarines should destroy a million tons a month. They have not done half of that. They have destroyed a little more than 1,000 British vessels, with an aggregate tonnage of not much over 3,000,000. The French, Italian and American tonnage destroyed is about 1,000,000, or perhaps a little more; certainly not much more. Here is not over 5,000,000 tons destroyed, and the new construction is about 3,000,000, and this country and Brazil have confiscated and are using about 1,000,000 tons of German steamers."

Cable despatches today indicate that there will be something doing on the western front before many days. The enemy troops released in the east by the collapse of Russia are being moved to the west and it looks as if it was the intention of the Huns to put all their energies into one big drive, with the hope that they may accomplish sufficient to enable them to arrange peace terms. The Allied armies will be fully prepared to call the bluff.

A number of St. John Tories met last evening and organized a Unionist Club. The speakers included Mr. Chas. M. Lingley, who is reported to have said that "such men as W. B. Tennant should be read out of any party." Mr. Tennant made a big haul out of the Valley Railway and supplied the bottle fund for the Tories at the last provincial election. Now it seems he is to be read out of the party.

President Wilson's speech delivered before Congress on Monday is warmly praised by the press of his own country as well as that of Great Britain and France. The President appears to have cultivated the habit of saying the right thing at the right time, and he always says it well.

While the financial position of New Brunswick is bad as the result of nine years of Tory misrule, it does not seem to be quite as bad as that of British Columbia. The Pacific province this year faces a deficit of \$2,172,534. In 1916, the last year of the McBride-Bowser plunderbund, it was \$3,588,968.

Sydney Record: At its coming session the Nova Scotia Legislature will be asked to enact a law requiring all vehicles using the roads of the province to pass to the right instead of to the left, as at present. The movement to this end has been set on foot by the Annapolis Municipal Council, which is asking other councils, boards of trade and various public organizations to lend it support. It remains to be seen how the proposal will fare at the hands of the law-makers.

Here is the Hamilton Times test for a hundred per cent. Canadian: "Do you want to win the war? Did you subscribe for all the Victory Bonds you could afford? Will you give all you can to the Patriotic Fund? Do you observe meatless and wheatless days? Are you saving fuel and light? Do you avoid waste? Do you give a full day's work for a full day's pay? Are you satisfied with a reasonable profit?"

A London despatch says: Being asked to justify the award of a K.C.M.G. to a certain individual, a colonial official said the man had been so persistent in his visits to the office that the carpet had begun to wear out. "We had to give him a title or buy a fresh carpet, so we gave him the title," the official added.

In the Chicago Daily News the following retail meat prices are advertised: California hams, 25c. per lb.; breakfast bacon, select medal brand, 43c.; tender pot roast of prime beef, 20c.; fancy spring lamb forequarters, 20c.; spare ribs, 17½c.

### Through Our Sieve

Even the oldest inhabitant is saying nothing and shoveling snow.

The Huns thought they saw a way to put the "ukre" in Ukraina.

While this war is on not so many Germans have to go to Baden to reduce.

About the time everybody learns to pronounce "bolsheviki" there won't be any.

Hobbies are well enough until people try to ride them in a grand assault against facts.

One of the pleasantest things about the multiplication table is that it never gives way to moods.

Usually the last thing a man learns is not to meddle. It is the fatal explosion that teaches him.

If treaties are going to be binding hereafter, no wonder the Kaiser is a little slow about signing up.

Perhaps the real trouble with the Teutonic forces on the Italian front is that their supplies of propaganda have been shut off.

Some day when we have nothing else to do, we are going to ask someone who ought to know why the smallest girls always carry the largest knitting bags.

## SOCIETY NEWS.

Miss Hatfield has returned to St. John after spending a week with Mrs. W. J. Osborne.

Miss Eliza Campbell of Kingsclear, is visiting Mrs. John Kilburn.

Judge and Miss Crockett entertained at luncheon yesterday in honor of Rev. Dr. Scott of Toronto.

## Tonight's Event.

The conversation at St. Paul's Sunday School building this evening promises to be a very enjoyable affair. Clergymen of other denominations have been invited to attend. There will be a splendid opportunity to inspect the new building.

## MINARD'S "KING OF PAIN" LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

## Best Liniment Made

Mr. A. E. LAUNDY, EDMONTON, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain, it gives instant relief.

Minard's Liniment Co., Limited, Yarmouth, N.S.

## PETER HUGHES SECRETARY OF PUBLIC WORKS

The appointment of Mr. Peter Hughes of this city, as secretary in the Provincial Public Works Department is contained in today's issue of the Royal Gazette. Since the office was vacated by Mr. H. M. Blair there has not been a secretary and the appointment of Mr. Hughes comes in the way of a promotion and a reward for long and efficient service.

Mr. Hughes entered the Department of Public Works in March, 1909, and has been a clerk in that important department ever since. In the eighteen years he has been connected with the department under various commissioners and ministers he has performed excellent service for the province.

The new secretary is being warmly congratulated.

## LOCAL NEWS

### Lent Begins Today.

Today is Ash Wednesday and marks the beginning of Lent. Services took place today in Roman Catholic and Anglican churches.

### Entertained Cathedral Choir.

The members of Christchurch Cathedral choir were entertained at the home of Mr. and Mrs. Robert Henry, South Devon, last night.

### May Play at St. Stephen.

The Fredericton Curling Club is considering the proposition of sending several rinks to St. Stephen to play a match there.

### At Bebbington's.

For tomorrow (St. Valentine's Day) appropriate flowers can be purchased at Bebbington's. Violets, roses, carnations, tulips, etc. Also lettuce and parsley.

### Course of Training.

Miss Phyllis Gerard, daughter of Dr. and Mrs. Gerard, will be leaving in a few days for Montreal, to take a course of training at the Montreal General Hospital.

### From the Chief Inspector.

Chief of Police Finley has received an official communication from Chief Inspector George R. Rideout of the Dominion Police, notifying him of the Chief Inspector's appointment and asking for co-operation.

### Leaving for Ottawa.

Premier Foster, Hon. C. W. Robinson and Hon. P. J. Veniot leave this evening for Ottawa, where they have been summoned to attend an important conference of provincial premiers.

### Died in Los Angeles.

Mrs. Sarah Hulme, formerly of Marysville, died February 1st at Los Angeles, Cal., at the age of seventy-nine years. Messrs. George and James Hulme of Los Angeles, are sons of the deceased.

### Married at St. John.

The wedding of Frederick R. Taylor, K. C., a prominent, corporation lawyer of St. John, to Miss Doris Kathleen Chimpian Sayre, daughter of Mr. and Mrs. F. E. Sayre, took place in St. John (Stone) church, St. John, yesterday afternoon, Captain G. A. Kurling officiating.

### Marysville Stores Co., Ltd.

Today's Royal Gazette contains notice of the incorporation of Messrs. Joseph Dolphin, E. B. Staples and E. J. Kingsley of Marysville under the Company, Limited, to carry on the name and style of Marysville Stores business of general store and other lines. The capital stock is \$25,000 and head office at Marysville.

### More Returned Soldiers.

Three more returned soldiers reached Fredericton yesterday, arriving unexpectedly. They are Sergt. Major Victor Walker of this city, Corp. Parker Howe of North Devon, and Chas. Atkinson of the same place. Corp. Atkinson has been invalided home, having lost an eye while on service. The others are on leave which may be extended. Corp. Howe was wounded. All are being warmly greeted by friends.

### Getting Pointers.

Rev. J. McKeegan, pastor of Saint David's Presbyterian Church, St. John, and Architect F. Neil Brodie, spent yesterday here inspecting St. Paul's new Sunday school building. It is said a similar structure may be erected in connection with St. David's Church, and used for general church purposes, until such time as the church, which was lately destroyed by fire, can be replaced.

## ACTIVITY IN SHIP BUILDING

(Canadian Press direct wire.) St. John's, Nfld., Feb. 13. — The keel of the largest vessel yet to be built in Newfoundland has just been laid at a shipyard at Harbor Grace. Measured by the standards of ocean liners or even of the big steel steamships which ply along the Atlantic coast this wooden ship of 600 tons seems small, but it looms large above the little fishing craft which furnish a means of livelihood to most of the inhabitants of this island.

Mr. J. A. London of Montreal, is in the city.

# A GOLDEN OPPORTUNITY

AWAITS THE WISE HOUSEKEEPER WHO PURCHASES HER NEEDS IN HOUSEHOLD LINENS DURING OUR EVER POPULAR

# Annual Linen and Cotton Sale IS NOW GOING ON

AND WILL CONTINUE FOR THE REST OF THE MONTH.

SHAMROCK LINENS and best makes SHEETINGS and PILLOW COTTONS, Etc., Etc., will be offered during this sale at 10 per cent. Straight Discount, or 5 per cent. Discount with free hemming.

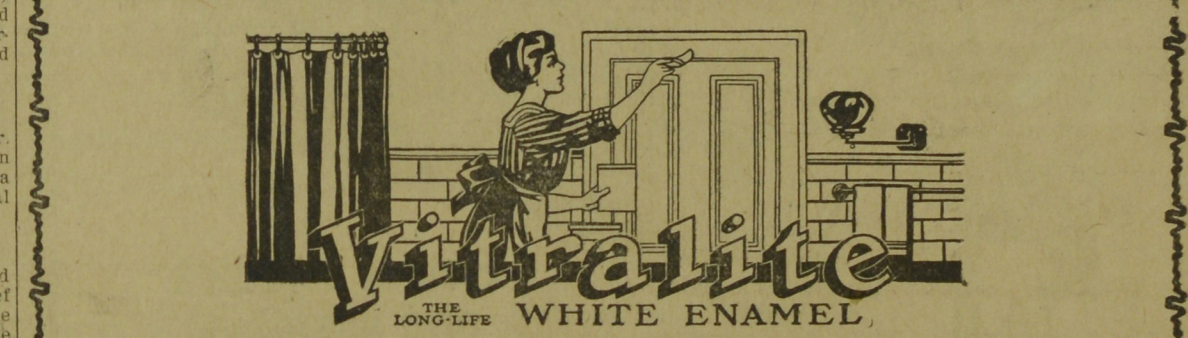
LINENS are getting scarcer and prices soaring. Cottons of all kinds are rapidly advancing, and we predict in the very near future 50 per cent. further advance. We will offer you "Shamrock Linens" at easily 50 to 75 per cent. less than today's prices.

OUR SPECIAL TERMS and Inducements offered afford you a Money Saving opportunity. Our warning note has sounded, and it is now up to you. Buy quickly and now.

# John J. Weddall & Son

AGENT FOR BROWN'S SHAMROCK LINENS.

# VITRALITE The Long-Life White Enamel



The beautiful whiteness will last and not turn yellow. Will stand hard usage and constant scrubbing. Easy to apply as it flows perfectly and will not show laps or brush marks. Supplied in different sized cans to suit all wants. Call for an instruction leaflet.

# R. Chestnut & Sons

PLUMBERS AND HEATERS THE HARDWARE PEOPLE WHOLESALE RETAIL

This Store will close at 6 p.m. Every Saturday during January, February and March.



## PETRO OIL

Genuine Mineral Oil either of the imported Russian variety or the typical Canadian or American production. We carry all kinds. It's the scientific treatment for constipation and a natural bowel lubricant. A few days treatment and the bowels will automatically regulate themselves.

## STAPLES' PHARMACY

ALONZO STAPLES, Prop.  
Agency for Miller Standard Rubber Goods.

## Notice of Legislation.

Public Notice is hereby given that application will be made at the next session of the Legislative Assembly of the Province of New Brunswick, for the passage of an Act authorizing and empowering the City Council of the City of Fredericton to grant further exemptions in respect of Free Water, Free Sewerage and Free Taxation on the site, plant, equipment, stock in trade and property generally of The Hartt Boot & Shoe Company, Limited. Dated at Fredericton, N.B., this 6th day of February, A. D. 1918.  
MOSES MITCHELL, Mayor.  
G. R. PERKINS, City Clerk.

# No Advance in Price

# The Daily Mail

Will be sent to any address in New Brunswick, For One Year for Two Dollars Payable in advance

A large shipment of records just arrived Grafonolas on easy terms E. O. MacDonald Music Store 560 Queen Street