

## TELEPHONES AND ELEVATORS CHANGE FOOD NEEDS OF MODERN POPULATION

**Light, Easily Digested Foods Like Fish Required as Mechanical Advance Lessens Physical Exercise in Every-day Life --- Fish Products Ideal Source of Nourishment Says Prominent N. Y. Authority.**

Inventors who perfected such modern devices as elevators and street cars and automobiles and telephones didn't know that their brain children were to affect the food requirements of whole groups of communities but that is what has happened just the same.

In urban communities at least, invention has largely changed the need from heavy foods to those which, like fish, are light and easily digested.

Not so very many years ago practically all labour in industry and home alike was done by hand. It was hard work. Those were the days, too, when in the main, people's own legs had to carry them to and from the office or ship or factory. When messages were to be sent they were borne by messengers. In office buildings and shops the public and the employees climbed the stairs when they went from floor to floor. If there were apartment buildings, they lacked elevators; the tenants went up and down the stairs under their own power.

### Times Change

Under such conditions the body required heavy foods to supply the energy necessary for the physical exertion which normal life involved; because of this exertion the body was capable of digesting them. Nowadays the conditions of life have greatly changed, especially in urban centres, and food needs have changed with them.

Today people in all walks of life go back and forth in power-driven vehicles, whether private or public. They do much less walking than their relatives of yesterday. In the factories the machines do much of the heavy labour which was formerly performed by human strength. Household appliances reduce effort in the home and lessen steps. Elevators climb the stairs in the business buildings and the apartment blocks. Telephones bear the messages which human legs had once to carry.

As the case is put by Dr. Harden F. Taylor, formerly of the staff of the

United States Bureau of Fisheries and now president of a large New York business company, "physical exercise, as an incident of our daily lives, has been almost eliminated. In such a mode of life we do not need and cannot digest and assimilate the large food portions of the older generation. It makes us groggy and fat, and brings on digestive disorders, flatulence, acidity, overloaded stomach, and early breakdown of health." Doctors and dietetic experts are everywhere emphasizing the importance of using light, easily-digested foods in the daily meals.

### Ideal Food

Biological chemists declare that in order to be slender, healthy, and mentally alert people must have in their diet a sufficiency of starch and sugar, but not too much, some protein, vitamins and minerals, with a bulk of suitable vegetables. The difficulty in formulating such a diet, Dr. Taylor points out, is to obtain the necessary protein proportionate in an adequate yet easily digested form, and then, asking the question "What is the ideal protein?" he replies to the inquiry in this fashion:

"The logical answer is 'Fish.' By nature, fish are tender and light. They do not even have to support their own weight, since they are buoyed up by the water in which they float about without effort, and require strength merely to move themselves about in an unresisting medium. Therefore, their skeletons are very frail, skin thin, muscles soft and delicate, and sinews of the slightest sort. . . .

"Indeed, the flesh of fish is so delicate that . . . with the slightest mastication it is broken up and by the time it reaches the stomach it is a pulp, with which the digestive juices are thoroughly mixed by the movements of the stomach muscles. It is quickly and easily digested."

### Vitamin Treasures

But protein content and ease of digestion are only two of the reasons

## Few Amendments Needed in P.F.R.A.

OTTAWA, Dec. 21 — Few, if any, amendments to the Prairie Farm Rehabilitation Act will be needed at the coming session of Parliament in order to enable completion of the Government's programme for the drought areas of Alberta, Saskatchewan and Manitoba.

Discussion of details of the programme continued today between Hon. J. G. Gardiner, Federal Minister of Agriculture, and the Ministers of Agriculture for the three provinces.

This brought to a close Mr. Gardiner's conferences with Provincial Ministers which began Monday when all provinces were represented at a conference on marketing. The Western Ministers will remain until tomorrow to settle a few matters with departmental officials.

why fish foods have such merit, and Canada's fish foods, by the way, are not excelled anywhere in the world in natural quality, and are obtainable in wide variety. For people who wish to avoid increase in weight fish have this advantage in the diet that, generally speaking, they are non-fattening. To children, and for that matter, to adults as well, they offer exceptional richness in vitamins, notably vitamin D, which is essential to boys and girls who are to have sound bodies. "Vitamins got their sensational start in public esteem from the discovery of them in such rich abundance in cod liver oil, and sea fishes still remain unsurpassed in their content of certain of these mysterious food substances."

The ocean, adds Dr. Taylor, is a solution of an extraordinary assembly of chemical elements which have been derived from the land by falling rain which has dissolved out the nutrients of the soil and carried them down the rivers to the sea from which they never return. Thus the water has collected "a rich supply of all the nutrients that are necessary to life, some of which are scarce or almost entirely absent on land."

In this water fish live and grow and absorb all the nutrient elements that we need. For example, iodine that has been found to be an absolute essential to health and prevention of goitre is really adequate only in sea foods. Likewise, lime, copper, manganese and many others."

## CHRISTMAS ALL OVER THE WORLD VARIES IN CUSTOMS

**England, Scotland and Ireland, Continental and Scandinavian Countries All Celebrate**

Christmas in Europe means many good foods, and weeks and weeks of preparing the special dishes to be served at holiday time. In England, for instance, the making of Christmas plum puddings is a rite in itself, the entire family taking part and the puddings then made up serving not only for Christmas but also for birthdays during the next year.

Plum pudding in many English families is made in a large crock, sometimes as big as a wash tub, and is stirred hour after hour. Not mother alone stirs the pudding, for each child in the family helps in the work, making a wish as he stirs. Several puddings are made, one for Christmas and the rest to be stored away for coming holidays.

The English like roast beef for their holiday feasts and they also import many turkeys from Hungary for the season. But if Hungary exports its turkeys, what do the Hungarians do for a holiday dish? One of their favorite means is ham; they often send whole smoked ones to friends, with a few bottles of wine and a cake or two in a Christmas basket.

### Horse-Shoe Cake

The special feature of Christmas in Hungary, however, is the horse-shoe cake, which derives its name from its shape. It is made both in small sizes for individuals and in large, and is always filled with nuts and nonny seed. Everywhere one goes during the holiday weeks one is offered a slice of this cake, and not to accept it would be very gracious indeed, no matter how much of it one has already eaten.

The Italians, too, love spicy foods and cakes for their Christmas celebrations. The night before everyone goes to Midnight Mass and after returning from it many eat roasted chestnuts and drink wines. Christmas day itself is not only a religious holiday in Italy, but also one of great feasting. In the southern parts of the country fish and large eels, fried or boiled in wine, are very popular as holiday dishes, while in other sections turkey or capon is the main dish.

As part of the Christmas celebration Italian families spend much time in going visiting, to inspect the 'presantos' or Christmas cribs representing the Nativity, which their neighbors have made. There is great competition for the best one, and nearly every church and home has its own at this season.

### In France

France, unlike most other countries of Europe, has no special dish for Christmas, some of its people dining on goose, some on turkey, some on chicken or other meats. Christmas itself is particularly a day for children, who receive their presents then, grown-ups, on the other hand, do not exchange gifts until New Year's.

Down in Provence, in the sunny south of France where crowds are now going for a winter on the Riviera, peasants celebrate Christmas by lighting a great Yule log. This is cut weeks before the holidays. Then on December 24 after everyone has returned from Midnight Mass, the family gathers before the fireplace for a banquet and the burning of the log, a process sometimes speeded up by pouring wine over the flaming wood.

While the children on this continent are celebrating Christmas, those of Belgium have put aside their toys, which came on December 6 or St. Nicholas Day, and are thinking instead of a special letter for their parents. On New Year's morning they must read aloud this composition, in which they wish their father and mother a happy New Year and promise to be better during it. The papers for the letters are very elaborate, and children put much effort and thought into writing good messages on them.

### Ireland and Scotland

Christmas in Ireland is celebrated in much the same way it is in other English-speaking lands. Turkey, ham and plum pudding are popular dishes and windows everywhere are given a holiday appearance by wreaths of holly.

Travellers visiting Ireland during the holidays find, however, that the jolliest celebration is that of December 26, when Irish children go 'looking for the wren.' Singing and making merry, they start out as early as 6 a.m., carrying around a small tree in which rests a nest and a bird. Every housekeeper in the neighbourhood is asked for a few pennies, and if the day is successful, the children have a party with the money they have collected.

Just as Ireland's most interesting holiday celebration comes after Christmas, so does that of Scotland. Christmas is not as important to the Scots as Hogmanay, the last day of the year, when 'haggis' the national dish, usually composed of oatmeal and various meats, is served and children go from door to door singing and asking for small gifts.

On New Year's Eve the Scots observe the old custom of 'first footing' by visiting from house to house. If the first person to set foot within one's door after midnight is dark-haired, it is regarded as very lucky.

Dark-haired or light however, everywhere one visits that evening one is offered food and drink, and in return must bring some small gift for the host.

### Germany's Pfefferkuchen

Every European country has its favorite dishes for Christmas. In Germany, for instance, bakers are working overtime to turn out enough of the country's favorite little cakes, 'pfefferkuchen,' or 'peppercakes' for the holidays, for Christmas would not be Christmas at all unless they were on the yuletide board. Peppercakes, strange to say, do not contain a bit of pepper—instead they are a kind of gingerbread, made up in a variety of forms and often as not decorated with the words "I love you" in icing. They got the name in the Middle Ages, when to 'pepper' anyone was to give him a good whipping. During the Christmas holidays of old times, people used to go about at night, giving their friends a thrashing or 'peppering' just as a joke. Then by way of atonement the thrasher next day sent his victim a gift of peppercakes, such as adorn the German Christmas board today.

### Austria and Holland

Both Austria and Germany make the Christmas meal either of goose or carp. The Austrians must have their gingerbread too; they shape it into animal and human figures and count it an essential part of the holiday fare.

Children in Austria receive their presents the night before Christmas just after the great meal of the sea-

son. Very little indeed do they enjoy their food, for they realize that securely locked in the next room is the Christmas tree and all its gifts, and that they will not be admitted until after dinner.

The people of Holland too are fond of special cookies and sweets at Christmas time but their holiday season comes almost three weeks before that of America. The great day of the Netherlands is December 6th, St. Nicholas Day, for the preceding evening that saint visits homes and brings children their gifts.

Goose is one of the usual Christmas dishes of Holland and a special cookie, "speculaas," dark brown and often shaped like a Santa Claus, accompanies the holiday fare. Another delicacy of the season resembles a fritter; it is filled with raisins and candied lemon peel, and eaten with Swedish punch.

### Scandinavian Lands

Although the three Scandinavian lands of Norway, Sweden and Denmark each have special ways of marking the yuletide, one holiday food, rice porridge, is common to all of them. Inevitably it is served with a large 'butter eye,' and inevitably when she prepares it the cook drops in an almond. In Denmark the one who finds the almond in his bowl of porridge receives a special gift; in Sweden the one who gets it is supposed to be the first to marry, and in Norway the finder will obtain any wish he makes.

Norway's Christmas meal is served the evening of December 24, when the church bells are rung at 5 p.m. throughout the country to welcome in the holidays. In some families a meal consisting only of rice porridge and 'lutefisk,' specially prepared codfish, is traditional; in others the favorite meat is pork, in the form of sausages, meat cakes, ribs, etc.

Napkins for the Christmas meal are decorated with figures of 'julenisser' the gnomes who are supposed to

**December 24th  
THURSDAY,  
CHRISTMAS  
DINNER**

**will be served from  
11 a.m. to 8 p.m.**

TURKEY, 60c GOOSE, 60c  
CHICKEN, 50c

with all the trimmings.  
PLUM PUDDING & PIES

**LANNAN'S  
RESTAURANT**

74 Carleton St. Phone 1133

bring Norwegian children their presents. After dinner all the gifts are opened and children, for the only time in the year, are allowed to stay up as late as they wish.

An old time dish still popular in some Swedish homes at Christmas is a heavy broth in which pork and sauges have been cooked. Served usually at lunch December 24, it is eaten in the kitchen, where everyone in the household gather about the pot of broth and dips pieces of sweet brown bread into the liquid.

For dinner Christmas eve 'lutefisk' or codfish, served with a rich cream sauce and drawn butter, is obligatory in Swedish homes. And in Sweden everyone shares the cheer and good will of Christmas time; not even the birds are forgotten, for farmers in the country hang out sheaves of grain for them.

(Continued on Page Three)

**Have You Made Your Plans Yet for**

# Christmas

Why not let THE WAVERLEY solve your CHRISTMAS problems this Christmas? Or if your friends and relatives are too numerous to entertain in your own house WHY NOT LET US DO THE WORRYING?

You may be sure that THEY will enjoy our Special CHRISTMAS DAY MENU while YOU will enjoy a day of REAL RELAXATION!

## MENU

MERRY CHRISTMAS

DECEMBER 25th, 1936

DINNER 12-8 p.m.

TOMATO JUICE COCKTAIL or CREAM of TOMATO SOUP  
FRIED FRESH FILLET of SOLE LEMON PTS.  
ROAST BRONZE TURKEY, GIBLET GRAVY  
CRANBERRY SAUCE  
ROAST DOMESTIC GOOSE APPLE SAUCE  
ROAST SPRING CHICKEN POTATO DRESSING  
CREAMED or BOILED POTATOES  
HUBBARD SQUASH GREEN PEAS  
PICKLED BEETS  
HOT MINCE PIE APPLE PIE WITH CHEESE  
ENGLISH PLUM PUDDING BRANDY SAUCE  
CANADIAN CHEESE WITH CRACKERS ASSORTED NUTS & CANDY



**Turkey Dinner, 60c**

**Goose or Chicken, 50c**

**No Reservations Necessary**



# The Waverley Hotel

H. E. DEWAR & SON, Proprietors

Regent Street

Fredericton, N. B.

**NO WONDER THE GUESTS TURNED GOBBLERS!**

Anyone would, when faced with these delicious foods and delicacies. Tender meaty turkeys, fine fresh vegetables and fruits, imported specialties to stimulate your appetite, old-fashioned desserts, nuts and candies—you'll find them all at your neighborhood M.M.A. store, priced right. Bring us your Christmas list—and you'll be proud of your Christmas dinner!

## Prices For December 22-23-24

SPECIAL		PITTED DATES	
SLICED PINEAPPLE	19c	2 pounds	25c
Singapore 2's 2 tins		GLACE CHERRIES	45c
SPECIAL		Pound	
BENSON'S CORN STARCH	12c	GURD'S FAMOUS BEVERAGES	60c
1's Package		Xmas pkg. 3 large bottles for	
SPECIAL		SPECIAL	
PEACHES	15c	FRY'S COCOA	19c
L.V. 2's Heavy Syrup		1/2's per tin	
CLUBHOUSE OLIVES	24c	TOMATO JUICE	25c
Stuffed 8 oz. per bottle		Campbell's, Aylmer's or Libby's	
QUAHAUGS CLAMS	20c	1's 4 tins	
Are Delicious 1's per tin		MARITIME STRAWBERRIES	25c
ROBERTSON		2's	
PURE FRUIT MARMALADE	29c	PEANUT BUTTER	15c
Orange, Lemon, Grapefruit 20 oz. jar		Bulk, per pound	
MOIR'S STAR CHOCOLATES	98c	SCHWARTZ MINCEMEAT	25c
5 lb. box		2 pounds	
XMAS MIXED CANDY	23c	SHELLED WALNUTS	39c
Pound		Broken, 1 pound	
GANONG'S SPECIAL MIXED	98c	SPECIAL	
5 lb. box		CHASE & SANBORN'S COFFEE	39c
BARLEY TOYS	29c	1's tin	
1 pound		McCREADY'S PICKLES	22c
MIXED NUTS	19c	Sour, Sweet or Mustard, 18 oz.	
Pound		GREEN GIANT PEAS	29c
SHELLED ALMONDS	33c	2 tins	
1/2 pound		1 OXYDOL SMALL	21c
SAIR DATES	25c	4 Cakes GUEST IVORY	
4 pounds		All for	

**Merry Christmas and A Happy New Year!**