

Thoughts by the Way

The Food Problem

Written for The Ontario by "Wayfarer."

Mondy—we'll say is our "Heatless Day."
One cinder, one flicker, one coal;
Tuesday—well, this is our "Meatless Day."

mand for conserving white bread, he apparently enjoys his oatmeal porridge every morning.
"Oh!" was the reply of another in a tone of reckless indifference.

The question of increased food production and food conservation is before the people of Canada as never before.

And that furnishes another excuse for women's wastefulness of much-needed food—the plea that the lords of creation are not willing to submit to the new food regulations.

First of all, the demand is insistent for greater production and for food conservation. Canadian women have been called upon to conserve white flour, beef and bacon for the overseas forces.

But if the children are to be properly nourished and men and women are to be kept physically fit, a knowledge of food values is imperative.

We Canadians have so long been accustomed to look upon bread and bacon and beef as the common necessities of life that it first would seem almost impossible to do without them.

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But although the need for food conservation is understood and felt by Lady Hendrie, in many humble homes the need is not comprehended, and this substantiates my plea for the education of women on this subject.

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is really what it amounts to in the last analysis.
Although strongly worded, most of us must agree with the thoughts of our Hamilton correspondent.

ORANGEMEN ELECTED OFFICERS

The Loyal Orange County Lodge of South Hastings held their regular annual meeting in the Orange Hall at Plainfield on Tuesday, Feb. 5th.

John Waterhouse—County Master.
G. M. Campbell—Dep. County Master.
Rev. R. H. Balfour—County Chaplain.

COBOURG CURLERS WIN CUP

Thursday the annual competition for the Simpson Cup was held here, teams from Port Hope, Cobourg and Cobourg competing.

UNTIMELY DEMISE

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WILD GOOSE CHASE

This week word was sent here from Kingston to arrest a Mill Valley young man for falling to report under the Military Service Act.

CAN'T AFFORD TO KEEP DOGS

Kingston, Feb. 11.—A fact which goes to show how some people are feeling the pinch of the high cost of living is that during the past ten days the police have been called upon to shoot half a dozen or more pet dogs belonging to people who did not want to be burdened with the cost of feeding them.

IN MEMORIAM

With the deepest regret and sorrow came the announcement of the death of Mrs. Herbert Dempsey, of Ameliasburg, to a large circle of friends and acquaintances.

The Public are Given Some Interesting Information With Regard to Men Who Receive Their Discharge

724062. Private A. Young, enlisted on March 4th, 1916, in the 109th Battalion in Halliburton, and trained at Lindsay and Barriefield.

DEATH OF MRS. ELIZA BOWEN

Mrs. Eliza Bowen, an aged lady, formerly resident in Belleville, passed away yesterday at the home of her daughter in Toronto.

DEATH OF MRS. SAMUEL WHITE

Mrs. Samuel White, an old resident of Belleville, who lived on Murray street for 60 years, passed away at the residence of her son-in-law, Mr. W. H. Brooks, Madoc, yesterday.

FELL FIFTEEN FEET TO GROUND

Mr. Blakely of Ritchie Company had a nasty fall.

IS MARRIED WHILE ILL IN BED

Leamington, Feb. 11.—Col. W. T. Gregory, one of Leamington's best known residents, was quietly married here, his bride being Miss Constance Huffman.

RETURNED MEN'S RECORDS

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THRIFT LEADS TO PROSPERITY

Check waste on your farm, in your house or your shop—put down your savings.

UNION BANK OF CANADA

Thrift Leads to Prosperity via a Savings Account

THE STANDARD BANK OF CANADA

Head Office, Toronto. Quarterly Dividend Notice No. 100.

THE STANDARD BANK OF CANADA

Notice is hereby given that a Dividend at the rate of Thirteen Per Cent. Per Annum upon the Capital Stock of this Bank has this day been declared for the quarter ending 31st of January 1918.

Evening Slippers
We carry a complete stock of Ladies' Slippers for all occasions in the following lines, Soap Kid and Patent, ranging in prices from \$2.50 to \$6.00.

Homeseekers' Bureau
We have all kinds of Properties in every part of City and Country. Good bargains for investment or speculation.

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