### Thoughts by the Way

### The Food Problem

Written for The Ontario by "Waytarer."

One cinder, one flicker, one coal; Tuesday-well, this is our "Meatless

Wednesday oh, this is our "Wheatless Dav."

One corn-cake, one dodger, one

Friday-will make a good "Eatless

But Sunday-may Hoover forgive us if we all should happen to feel

A little more hungry than usual to-

es forces. That the shadow porated in the menus that come be of famine is creeping slowly over fore her family." dition to the exportable surplus but which could not be readily shipfrom Canada, I cannot take the respect to the possibility of assuring and the greatest affection to first stationed at Audruicg, where

wards these who contributed them. On Sunday tast there passed away the back the rest of the passed cakes have been unknown there to resist unsease. But a good substitution and showed the first whisper of a sugar tute for beef is found in fish. And came into town and showed Chief since the first whisper of a sugar tute for beef is found in fish. And shortage, that bacon has been on the so it goes on. Space will not permit a lengthy discussion of the relative values of foods in this column, but serve it for the overseas troops and that many weeks have gone by the need of a knowledge of food values of food values of a knowledge of food values of a knowledge of food values of foods in this column, but that many weeks have gone by the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column, but the need of a knowledge of food values of foods in this column. The need of a knowledge of food values of foods in this column, but the need of a knowledge of foods in this column. The need of a knowledge of foods in this column is the need of a knowledge of foods in this column, but the need of a

But although the need for food —yes and morally, fit.

conservation is understood and felt The subject of refreshments at conservation is understood and felt by Lady Hendrie, in many humble social and church gatherings and at homes the need is not comprehended, and this substantiates my plea considered and much discussed. A for the education of women on this lady writing from Hamilton voices subject. At a recent rural Red her sentiments on the subject in no (ross meeting, the subject of food uncertain terms. She says: "Perconservation and the Food Pledge mit me to voice an expression of appreciation for the stand taken redent. In the discussion that follow-garding the abolition of the ubiquited several of the ladies claimed that ous afternoon tea at meetings. May their meals were far more frugal Heaven speed your aim! How difficults that those laid down in the means cult it is to control one's feelings than those laid down in the menus rult it is to control one's feelings by the food controller and his ex- when forced to sit and listen to CAN'T AFFORD TO KEEP DOGS by the food controller and his ex- when forced to sit and listen to CAN'T AFFORD TO KEEP DOGS Mr. Blakely, an employee of the law, Mr. W. H. Brooks, Madoc, yesperts, thus emphasizing the opinion leaders urge thrift and conservation, Kingston, Feb. 11.—A fact which Ritchie Company, had a nasty fall terday. referred to above, that their tables etc., and then calmly announce that goes to show how some people this morning from a ladder as he was The remains will arrive tomorrow Learnington, Feb. 11.—Col. W. T. were always frugally furnished. One tea will be served and urge all to lady present, however, claimed that remain and partake, until one wonit was not so much economy that ders the cake doesn't choke the estwas needed as the conservation of ers, who do not need it, but cheerthe food needed for overseas. She fully and regularly denrive multisaid, "My husband has never cared tudes starving for this very food for rolled oats nor any kind of What cannibals we are to be eating breakfast foods, but since the de- up lives day after day, because that

he apparently enjoys his oatmes porridge every morning." "Oh!" was the reply of another

in a tone of reckless indifference "my husband and son like toast for breakfast, so I give them what they

healthy and physically strong, they tremely cold day, senses. A minister on overseas service, writing home, says: "I have on Past County Master W. J. Hall
just been having a feed of bullybeet and hardtack. I shall get a
tion of officers, which resulted in
drink of tea some time before night then I shall be O.K." In another ed: place he continues: "What I have eat a square meal.

Kansas City Star.

Kee it to say that there has been Muster. The question of increased food some of the severest fighting since production and food conservation is the beginning of the war. What a lain. before the people of Canada as never hellish business it is! I sometimes before and yet there are many who, contrast it with the merry times in while realizing the importance of Canada, and the grub also with greater production, cannot see the chicken-ple suppers etc." In the necessity of food conservation. Near- face of such facts can men persist y every house-wife with whom one in selfishness? If so, then much of converses on the subject has the the so-called extravagance of women dea that she has always been as has its origin in the selfishness of rugal as it is possible to be in the men. In this matter of food substi-

furnishing of her table. It natur- tution, Lady Hendrie has again set furnishing of her table. It natur- tution, Lady Hendrie has again set GOBOURG ally follows that women must be ed- the house-wives of Ontario an exucated not only as to the need of ample. We quote from The Globe. onserving food but also as regards. "Lady Hendrie, who crowns many the values of different foods. other qualities by skill in cooking,
First of all, the demand is insis- has evolved toothsome pastry for ent for greater production and for tarts and tartlets from brown flour ervation. Canadian women and sees to it that the various subave been called upon to conserve stitutes recommended by the food white flour, beef and bacon for the controller and his experts are incor-

not be denied. The great | But II the children are to be prop- teams from Port Hope, Colborne and to her Saviour's will. Her sorrow- the 109th Battalion Band at Lindof food for the allied armies erly nourished and men and women Cobourg competing. Cobourg won ing husband, devoted son, aged fa- say, March 6th, 1916. He trained and for the civil population of the are to be kept physically fit, a know- the cup for the third time, defeating ther and mother and only sister at Barriefield until the 26th May les in the European war zone ledge of food values is imperative. Port Hope in the first game by five omitted nothing during her illness when he accompanied the unit overis revealed by the following impres- The physical welfare of the Cana- shots and Colborne, who drew the stam from Lord Rhondda, dian race must not be neglected if bye, by nine shots in the finals. The to her comfort or happiness. She at Oxney Farm Camp, near Border food controller, to the we are to have men and wamen of cup should have been played for in was beloved by all who knew her Later he transferred to the 124th States, in which he says: strong mental and moral fibre. If Colborne, but as they have no rink and in no way could her friends and Battalion at Witley. He transformer able to send the we are to do without certain foods there this year, the competition was neighbors show the esteem, respect ferred again to Bramshott, where he illes 75,000,000 bushels of wheat in order to conserve them for over- held here. and above what you have ex- seas needs, we must use substitutes

Although strongly worded, most of us must agree with the thoughts of our Hamilton correspondent. But the writer, fearing that this article

# **ORANGEMEN**

The Loyal Orange County Lodge for women's wastefulness of much- annual meeting in the Orange Hall

C. L. Goodman-County Secretary Joseph English-County Treasur-

L. A. Wilson-Dep. Lecturer

A. Hall-Dep. Lecturer.

GAME AND COLBORNE IN FINALS

Thursday the annual competition for the Simmons Cup was held here.

was seen in the estables of Canadian men and women are takes. In fact they appear to make to be kept physically and mentally more wrong moves than right ones.

are feeling the pinch of the high going up on the roof of one of the for emplacement in Belleville vault. cost of living is that during the buildings to remove some snow. The pest ten dey the police have been foot of the ladder slipped and Mr.—Capt. Wm. E. Schuster, Director called upon to shoot half a dozen Blakely was precipitated to the of transport of Forestry Corps, or more pet dogs belonging to ground fifteen feet below. He was people who did not want to be helned to a physician's office and burdened with the cost of feeding driven thence to the hospital, where

With the deepest regret and sor row came the announcement of the is already too lengthy and tiresome, death of Mrs. Herbert Dempsey, of must reserve the consideration of Ameliasburg, to a large circle of the subject of "afternoon teas" to friends and acquaintances. The late some future date.

Wayfarer.

Wayfarer. eldest daughter of Mr. and Mrs. Henry Cunningham, Rednersville, The Public are Given So Ont., and was born in the Township Ameliasburg, Prince Edward County, on the 27th of August, 1876 where she had always lived. On the 19th of September, 1888, she was 636214, Private J. Seaman, join-married to her now bereft husband ed the 155th Batttalion at Belleville of South Hastings held their regular life. The result of their marriage with whom she lived a very happy

John Waterhouse County Master erously to the support of the differ- 724062, Private A. Young, enlistwhich she had been subject to on in Tweed Ont. account of affliction in her family was the cause, but it was soon dis-

> During her illness she bore her afflic. to No. 3 Special Service Company tion with patience and Christian for His home is in Wellington. titude, frequently expressing to

family spent Sunday at Mr. T. Cran- Deceased was a Methodist in re

Nasty Fall

se he had to attend to. Mr. Blakely was badly shaken up and suffered some injury to his head.

# MEN'S RECORDS

ing Information With Regard to Men Who Receive Their Discha

for women's wastefulness of muchneeded food—the plea that the
less Day,"

One pickle, one lemon, one bone.

If there are any such; who are

for women's wastefulness of muchannual meeting in the Orange Hall
was one son, Morley, for whom his
mother had the most devoted affection which was as sincerely reciprotion which was as sincerely reciprocated by her son. The late Mrs.

Willey to join the 6th Reserve. He

Demosely and was also stationed at Sanding and Dempsey, although of a quiet and was also stationed at Sandling and Seaford Camps. He did not go to Day,"

Should be sent to the trenches at once and fed on bully-beef and iness was transacted, after which and physically strong, they should be sent to the trenches at once and fed on bully-beef and iness was transacted, after which and by her kindly and sociable manhard as medically unfit. He landed the worshipful County Master Bro.

For all reciprocities past.

The did not go to many friends from her childhood, and by her kindly and sociable manhard as medically unfit. He landed the worshipful County Master Bro.

Seaford Camps. He did not go to many friends from her childhood, and by her kindly and sociable manhard as medically unfit. He landed the worshipful County Master Bro.

Seaford Camps. He did not go to many friends from her childhood, and by her kindly and sociable manhard as medically unfit. He landed the sent to the trenches at once and fed on bully-beef and iness was transacted, after which and by her kindly and sociable many friends from her childhood, and by her kindly and sociable manhard the worshipful County Master Bro.

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Seaford time. She identified herself, along since been attacked to No. 3. Special home is inWest Hartlepool, Dur-

> G. M. Campbell—Dep. County ent branches of church work. From ed on March 4th, 1916, in the 109th the commencement of the war, Battalion in Haliburton, and trained through her motherly feeling and at Lindsay and Barriefield. He sympathy for the young men who went overseas with the unit in July were so freely and willingly giving to Bramshott Camp, From there he their services to the Empire, she was was drafted to the Army Service one of the most zealous supporters Corps at Whitley, being in turn with of the Red Cross movement. About the corps for duty in Hastings, Lon-Fred Hall-County Director of two years ago, the deceased began don and West Sandling. He was at to notice a perceptible failing of her Otterpool camp in the sanitary usual robust health. At first it was squad before returning to this thought the heavy strain of care country last September. His home is

covered that she was the victim of Blakeley, enlisted on January 1st, fatal malady. She continued to 1917, in the 254th Battalion at Welperform the greater part of the du- lington, when he took charge of the ties of her home up until about three recruiting, going later to the battat-months before her death, when she ion headquarters at Belleville as remained in her room after this for bugle-major. He did not accompany greater portion of the time, the unit overseas, being transferre

and affection in which they held her joined the 3rd Labor Battalion, then

Mrs. Samuel White, an olde resident of Belleville, who lived on Murney street for 60 years, passed away at the residence of her son-in-

who has been 'overseas for the pest two years arrived in Montreal this morning enroute home , to



## Evening Slippers

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

Come in and have a look at them, it would be a pleasure to show you.

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ulation. Let us show you some nice homes at

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OF CANADA

right prices.

Thrift Leads to Prosperity

form, in your house or your hop—cut down your selfindulgences do for yourself those little jobs that run away with the small change get full value for every dollar you spend and deposit the savings regularly in the Union East of Caunda.

The accumulated results, with interest added, will some Selleville Branch

## The STANDARD BANK of Canada

Head Office, Toronto. Quarterly Dividend Notice No. 169.

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 ligion and was highly respected. The January 1918, and that the same will be payable at Head Office Mr. John West's brother spent the remains will arrive here tomorrow in this city, and at its branches on and after Friday, the 1st day of February, to Shareholders of record of the 23rd of January, 1918.

The Annual General Meeting of the Shareholders will be held at the Head Office of the Bank in Toronto . "Helperday the 27th of February next, at 12 o'clock noon. By Order of the Board.

Toronto, Dec. 21st, 1917. Belleville Branch

General Manager J. ELLIOTT, Manager.

C. H. Easson.

Gregory, one of Leamington's best known residents, was quietly married here, his bride being Miss Constance Huffman. The ceremony was performed by Rev. J. S. Leckie at the bedside of the groom, who has been seriously ill for the past week. Only the im-

mediate relatives of the bride were present, and the news of the marriage was a complete suprise to the public.

Roofs of buildings all over the city are leaking today as a result of the thaw, In many places snow had to be shovelled from the buildings to prevent serious damESTABI Aus

Peac

Enem

LONDON, nemy after a raid the Brun last night but were killed or arried out

ERMANY

BASEL, ST Ukraine Rada signed the agree revert to the Ul

will be appoint RUSSI AMSTERD foreign ministe Germany could Russia but he against that

peace at Petro LLOYI

LONDON. mier Lloyd Ge political storm. ment made by as a satisfactor office, but som former premier with equal clea

AUSTRIA A

LONDON, I ich quote Austr the prospect of organs are par tria-Hungary m

HUNS (Ont LONDON. received here

the central com many had reduce four billion to d FLOOD 1

TORONTO, Don flats gave acres to a deptl tracks in the v and the station

> CAPT KINGSTO overseas with t night. He was

Color Sergeant