

# "Woe unto you that are full, for ye shall hunger."

Luke 6: 25.

Not spiritually (although even the penalty of remorse may follow your neglect of this national warning) but ye shall hunger in the trying physical sense in which hunger now grips the peoples of Europe.

We know "it is difficult to talk to the belly which hath no ears," and it is just as difficult to persuade a person who has a full dinner before him to-day that he may want for food next month.

But you may as well let this fact sink into your mind—the last people that Canada and the United States will allow to suffer for want of food are our fighting men, and if a sufficient exportable surplus of food cannot be raised and saved by voluntary efforts, then very drastic rationing measures will be enforced.

It may astonish you to learn that in 1917 Ontario did not grow enough wheat for its own needs. Consequently every Ontario farmer whose land is suitable, has been

urged to sow 5 acres more spring wheat this year so that Ontario's demand for wheat shall not be met at the expense of that portion of the Western crop that should more rightfully be shipped overseas.

For this same reason every householder who has a garden or a piece of vacant land is being urged to grow vegetables because the more vegetables that are grown and eaten in Ontario, the less wheat and meat there will be consumed, and that being so, the Ontario wheat crop should then be sufficient to feed our own people, and leave more Western wheat and other foods available for export.

*If you have not yet decided to plant a vegetable garden make up your mind to do so now. You will not regret it. There is still lots of time. Potatoes and beans may be planted up to June 1st and these are the best substitutes for wheat and meat.*

For good, practical advice upon how to lay out and cultivate a Vegetable Garden, write for a free copy of the booklet entitled: "A Vegetable Garden for Every Home." This has been prepared by the Ontario Department of Agriculture for the guidance of citizens who will respond to this call for increased production.

**Mail  
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Organization of Resources Committee, Parliament Building, Toronto

Dear Sirs:

Please send me a copy of your booklet "A Vegetable Garden for Every Home."

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