

anything done that is to be served cold. With such things done and out of the way, you need not begin the next meal nearly so soon. You will be surprised at the amount of time you do save later.

At a glance, some may think most of these recipes beyond the means of families with very small incomes. But they are not in the least, if well selected, and the whole idea of balanced food values carried out. And the gain is in the greater good received from the money laid out. The little extra trouble of the more elaborate dishes is balanced by the fact that much cheaper things can be used if attractively prepared.

Just 25 per cent of the present amount of beef, bacon and wheat *must* be saved. That means you must do with quarter less of all three. That is very little for each person, but it will amount to millions of pounds.

Do you realize if each of the 7,000,000 Canadians only save a quarter of a pound a week, that means the almost incredible sum of 1,750,000 pounds saved every week?

It is a case of "little drops of water and little grains of sand." So it is more than foolish, it's almost wicked, for anyone to say or think what very little they are able to save won't count.

These recipes are chosen with a view of the *best* economy, nourishing qualities being considered as well as expense.

They are not meant to be recipes de lux.

As this pamphlet has been compiled in less days than it should have taken weeks, faults of omission and commission have been unavoidable.

---

The following are the general rules published in the United States by the Food Controller:—

Buy less, serve smaller portions.

Preach the "Gospel of the clean plate."

Don't eat a fourth meal.