

Save Food

In a time needing food economy many people are not getting all the nourishment they might from their food.

It is not how much you eat, but how much you assimilate, that does you good. The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

THE IMPORTANCE OF EARLY HATCHING

Hatch early. Make every effort to get your chicks out this spring before the 24th of May. The lighter breeds may be hatched up to the first of June, but as a rule, the heavier breeds hatched later than the 24th of May are not satisfactory. At least 90% of the pullets in Canada were not laying during November and December the past winter, because they were hatched too late.

If you are depending upon your own flock for breeding eggs, mate ten to fifteen days before setting. Test the eggs for fertility so that you will be sure you are not setting many, without good fertility. If you are using incubators set early, but do not count on more than three hatches. If you can get all the chicks out in one hatch, so much the better. If hens are used, use some system. (See Exhibition Circular No. 1, Experimental Farm, Ottawa.) If the hens are too slow in becoming broody, see if you can get some custom hatching done or purchase day-old chicks. Get in touch with good breeders in your vicinity, or write your nearest Experimental Farm.

There is more money wasted each year because of late hatched pullets than is often made from the rest of the flock.

No late hatches. Do not be misinformed. Late hatched chickens as a rule do not pay. "One more hatch" will not help the Empire. Better to sell the eggs and save the feeds.

"Think this winter will ever end?" "I see signs," said the rural editor. "A few timid poems on spring are beginning to seep in."—*Louisville Courier-Journal*.

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Dunlop Tires—"Traction," "Special"—represent doing best what other tires may have been trying to do well.

"Masters of the Road"

DUNLOP TIRES

THE MANUFACTURE OF CREAM WHEAT SAVING FOR WARTIME GETTING VIEWS OF GOVERNORS ON THE FISHERIES

(Experimental Farms Note)

At some time or other during their career most dairy farmers have experienced difficulty in marketing their produce satisfactorily. The trouble may have been because of a poor demand for the product, or the quality may have been below standard.

The dairy produce from the Experimental Farm, Agassiz, B. C., has been sold in a number of different ways, one of the most satisfactory of which is in the form of cream cheese. The cream cheese appears to be the most popular soft cheese. It is easily made on the farm, and requires very little special apparatus. The labor and cost of making and packing are small, so that the manufacture is well suited for any producer within a reasonable distance from a market. It is a suitable and remunerative method of marketing cream. During cool weather we have been able to keep this cheese for a week or ten days without any appreciable deterioration in flavor, but, as evaporation is going on continually, the cheese, unless originally made overweight, will not be up to the standard weight at the end of this time. It is therefore advisable to place it on the market as soon as possible after completion.

The market as yet is limited, but the demand appears to be increasing. We have sold during the past twelve months 5,420 of these cheese in the city of Vancouver. The wholesale price obtained is 15¢ each, which amounts to \$813.00 for the product during the past year. Each cheese weighs six ounces, and approximately ten dozen are now being manufactured weekly from 170 pounds of twelve per cent. cream. This brings a return of ninety cents per pound butterfat for the cream, with the whey retained for feeding purposes.

The shape of the cheese is cylindrical, from one to one and a half inches deep and three inches in diameter. When moulding, the cheese is pressed into a cheesecloth cover, and when ready for shipment is incased in a neat cardboard carton. It is a cheap cheese and a convenient size for table use. Picnickers have found it a suitable substitute for meat as a filling for sandwiches. It is also found to be very delicious and palatable when served with lettuce, celery, or any of the various kinds of vegetable salad.

The method of manufacture is concisely described in Exhibition Circular No. 23, which may be obtained for the asking from any of the Experimental Farms.

"Our birthstones are supposed to control our destinies. What is your birthstone?" "Judging from my experiences, I should say it was a brickbat."—*Baltimore American*.

COOKERY

OATMEAL BTTY

2 cups cooked oatmeal
4 apples, chopped fine
1 cup raisins
1 cup corn syrup
1 teaspoon cinnamon
Mix all the ingredients together thoroughly, and bake for half an hour in a moderate oven. This recipe can be varied by using fresh fruits, dates, or ground peanuts instead of peanuts.

OATMEAL MACAROONS

1 teaspoon fat
1 cup corn syrup or molasses
1 egg
1½ tablespoons rice flour or cornmeal
1 teaspoon baking powder
1 teaspoon salt
1½ cups oatmeal
Cream the fat and add the well-beaten egg and the molasses. Stir in the rice flour or cornmeal with which the salt and baking-powder have been thoroughly mixed, and the oatmeal. Drop the mixture on a greased pan, and bake in a moderate oven for about fifteen minutes.

OATMEAL PRUNE BREAD

1 heaping cup prunes
1 quart oatmeal flour
1 pint graham flour
1 teaspoon salt
1 tablespoon sugar
1 yeast cake
Warm water and milk.
Wash the prunes and soak them over night in just enough water to cover them. In the morning remove the stones and run the prunes through the food chopper with the fine knife in place; mix with them the oatmeal, graham flour, salt, and sugar. Add the yeast cake which has been dissolved in a little warm water, and enough lukewarm milk to make a soft dough of the mixture. Allow it to rise until double in size, and then stir it briskly and pour into a greased pan. After it has risen sufficiently the second time, bake it in a moderate oven.

CORN-MEAL BISCUITS

1 cup corn-meal
1 cup rye meal
1 teaspoon salt
4 teaspoons baking-powder
2 tablespoons shortening
Water or milk.
Mix together the dry ingredients. Add the shortening, cut into small pieces, and make a soft dough by adding sufficient of the liquid. Roll out on a floured board to one-half inch in thickness. Cut out and bake in a hot oven for twelve to fifteen minutes.

CORN-MEAL OAT WAFERS

1 cup corn-meal
1 cup rolled oats
1 cup sour milk or buttermilk
1 cup shortening
1 cup flour
1 teaspoon salt
1 teaspoon soda
1 teaspoon nutmeg
1 teaspoon ginger
Mix the corn-meal, oats, sugar, and milk, and cook in a saucepan until the mixture forms a thick paste. Remove from the fire and add the shortening. Sift in the flour, salt, soda, and spices, and mix thoroughly. Roll out very thin and bake in a moderate oven until golden in color.

BAKED VEGETABLE MUSH

3 cups corn-meal
1 tablespoon salt
2 quarts water
Cheese
Potato
Carrot
Onion
Cook the corn meal, salt, and water in a double-boiler until the corn-meal is done. Pour into a damp, cold mould. When cold, slice thin. Grease a baking pan and cover the bottom with the sliced mush. Dust with cheese, and cover with a layer of cooked potatoes, carrots, and onions. Repeat the layers until the dish is full. Bake for one and a half hours.

HOE CAKE

2 cups corn-meal
Salt one teaspoon
Water
Mix the salt and corn-meal to a stiff batter with boiling water. Drop by spoonfuls on a greased griddle. Bake in a hot oven. Brown on both sides. Serve with syrup.

OATMEAL BISCUITS

2 cups rolled oats
1 teaspoon salt
4 teaspoons baking-powder
2 tablespoons butter substitute
Sweet milk or water.
Put the rolled oats through the meat grinder, and mix in the salt and baking-powder. Then work in the butter substitute, and add enough sweet milk and water in equal parts to make a very soft mixture. Turn it out onto a board and, without kneading it, pat the dough into the thickness of half an inch. Cut it out with a small biscuit cutter, and bake in a quick oven. Raisins may be added if desired.

Hokus—"I wonder why artists' models have such poor reputations." Pokus—"I'm sure I don't know. They are seldom as bad as they are painted."—*Life*.

"Average juries remind me of a self-cooking revolver." "In what way?" "They go off as soon as they're charged, but nobody knows where they're going to hit."—*Baltimore American*.

Washington, April 15.—The House merchant marine committee is canvassing the views of the governors of the New England seacoast states and the fishing organizations of that section regarding an administration bill to prohibit importation of lobsters taken in waters adjacent to but outside the territorial waters of Canada during the closed seasons. The bill is aimed to protect the catch off Nova Scotia and New Brunswick, and was approved at meetings held by the American-Canadian fisheries conference held at Boston and Gloucester, Mass., and at St. John, New Brunswick.

The merchant marine committee has held hearings on the subject in this city, and the other day decided to refer the matter to the governors of New York, Connecticut, Rhode Island, Massachusetts, New Hampshire, and Maine, who have been asked to ascertain and report the sentiments among the fishermen. Pending that, the committee will defer action on the bill, despite its advocacy by the joint fisheries conference of the United States and its northern neighbour and by Secretary of Commerce Redfield.

Chief Justice Hazen, of New Brunswick, according to Secretary Redfield, contends that Canadian fishermen are irritated by the fact that while their laws prohibit them from taking lobsters during the closed season, they have to stand by and watch United States smacks catch the lobsters just outside the Canadian waters and carry them back to the American market.

In United States waters the fisheries are conducted every day in the year. In some counties of Nova Scotia there is a protracted closed season which covers the time when the lobster eggs are hatching. The object of the closed time regulations in Canada is to curtail the catch during that period. Most of the lobsters caught on the Nova Scotia and New Brunswick coasts have to be canned. The communities are remote from transportation lines and there are practically no local sales. There is virtually no size limit of lobsters that may be caught for canning. The lobsters are caught principally in shoal water, so that most of the lobster ground is in territorial waters, but it is possible to get them as far as twenty miles from shore.

The closed season in Canada is about half the year. It varies at different coast points but in most cases begins in June or July and continues to November, December or January.

The fisheries commission has advised the house committee that lobsters can be caught in water as deep as 250 fathoms, at least, although most of the lobsters caught on the United States and Canadian coasts come from water less than 100 fathoms deep.

BUY COAL EARLY

Ottawa, April 19.—C. A. Magrath, fuel controller for Canada, to-day made the following statement:

"The new fuel regulations went into effect on the 1st of April. Provision is made therein that no consumer may be supplied with more than 70 per cent. of his estimated normal needs for the year ending 31st March, 1919. I desire to point out, however, that this provision is not in any way designed to place obstacles in the way of consumers laying in coal supplies during the summer time. It is merely intended to insure a more even distribution of coal receipts.

"The regulations on this point are extremely important, and provision is made whereby the moment the consumers in any municipality have been supplied with 70 per cent. of their requirements, the provincial fuel administrator may, on the advice of the local fuel commissioner, entirely suspend the requirements, or may increase the percentage that may be delivered in any way he deems desirable.

"My advice to consumers throughout Canada is to get in their coal supply at the earliest possible moment, and in as large quantities as they are able, to be consistent with any restrictions that may be in force at the time. It is well for the people of Canada to bear in mind that we are absolutely dependent upon the United States for the great bulk of our coal supply. The United States fuel administration, in placing Canada on the same basis as the States of the Union with reference to coal shipments, has displayed a spirit of fairness which Canada will duly appreciate. There is, however, the implied moral obligation resting on Canada to conserve her fuel supply and to assist the authorities to solve the common fuel problem in any practical manner that may be identified.

"Owing to Canada's difficult geological position, and to the fact that our coal movement from the United States would be a specially heavy burden on transportation, unless we fully utilized our waterways, which are only available during the summer season, Dr. Garfield's argument applies with even greater force in our case. It is hoped that Canadian consumers will follow the advice tendered, and will order their coal supply as early in the season as possible."

Husband—"I'm glad you only want five dollars to go shopping to-day. What are you going to get with it?" Wife—"Nothing but luncheon, dear. I'm going to have everything else charged!"—*Judge*.

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THE PRICE OF SARDINES

There is still a deadlock between Canadian packers and weimen over the price of sardines for the coming season. On Friday afternoon last a meeting was held at Calais, Me., which was attended by fishermen and packers, the object being to fix upon a maximum price for the season. The meeting began at 3 p. m. and did not come to a conclusion until 2 o'clock Saturday morning, when the question was still unsettled.

Six packing firms were represented at the meeting, and those representing the Canadian fishermen were Oscar Hanson and George Ellis, of Lepreau; George E. Frauley, of St. George; A. A. Stewart, of Deer Island, and Coleman Ingalls, of Grand Manan.

At a previous meeting held in Bangor, at which the matter was discussed by American fishermen and packers, a maximum price of \$25 was agreed upon to maintain until August 1. This price was, however, not considered satisfactory by the Canadian fishermen at the Calais meeting, but they would agree to accept \$25 as a maximum price per hoghead for sardines for the entire season. The packers, however, were not agreeable to such a fixing of price, and after a long and wearisome discussion the session closed without any progress being made.

Professor W. C. Kierstead, of Fredericton, and R. E. Armstrong, of this city, were present representing the Canada Food Board, while Dr. Merrill, of the Maine food board, and Dr. Loomis, of Washington, D. C., represented the United States food control interests.

A meeting of the Weimen's Association will be held in St. George on Friday of this week, and it is understood that the purpose of the meeting is to discuss the matter fully so that the fishermen there may agree upon some maximum price and it to the packers for their consideration. Meanwhile the sardine season has opened, although the catch has been practically nil owing to the fact that the severe weather conditions last winter damaged and destroyed a large number of the weirs.

At the first meeting held at Bangor the Canadian fishermen were not represented, and it is pointed out that this may have been a rather tactless move on the part of all interested, for the Canadian fishermen felt that they should have had representation at the initial meeting when a

maximum price of \$25 per fixed to maintain until August 1.

In the meantime, pending the fixing of a price, it is likely that the competitive method of buying and selling sardines will prevail in the New Brunswick market, but it is hoped by all concerned that within a few days after the meeting of the Weimen's Association at St. George that some amicable arrangement will have been arrived at.—*St. John Telegraph*, April 22.

A sliding scale, with \$25 the maximum and \$15 the minimum price per hoghead for sardines during the coming season, was the suggestion put forth by an important weir owner and packer yesterday to *The Telegraph* when discussing the present deadlock between weimen and packers over the standard prices of the catch.

He pointed out that last year while \$60 and \$70 had been paid in some instances for fish per hoghead, that on the other hand he had purchased sardines at from \$4 to \$5. When averaging up the season's purchases he found that the price was about \$18.50, which would make this season's price, even if placed at \$20, beyond that of the previous year.

"I realize that there is a great deal to be said in favor of the weir owners this season," he added, "for the severe winter was such that many of the weirs were seriously damaged. In our own case it cost about \$10,000 properly to reconstruct our weirs, and many of the weirs were wiped out entirely. This has been a heavy charge upon the weimen and naturally they feel that they should get a good price for their fish this season."

He pointed out that the packers were under the direct control of the food controller, and that would only permit them a reasonable profit on their product; and under these circumstances efforts should be made to have an equitable price fixed for both weimen and packers so that all might ply their business this season with a degree of profit, at the same time keeping always before them the fact that the country was at war and every consideration should be given the consumer.

At the meeting in St. George on Friday next, in all probability the unanimous voice of the weimen will be heard in the matter of a standard price for the season, and it is the concurrence of opinion that this will be the first step toward effectually settling what is now a somewhat aggravated problem.—*St. John Telegraph*, April 23.

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