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ANNAPOLIS ROYAL, N. S.
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Cut hair made into
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Berate. Satisfaction guar-
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Anxious to discover and
trained and talented help
people are to secure good
Time for beginning pre-
just now.
containing Tuition Rates
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dress.

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Why Throw Away Good Money?
No Rents! No Interest to pay!
No Red Tape! 47 Years' Experience!

GOODS BOUGHT FOR SPOT CASH

Have sold more ORGANS
than any other firm in the
Maritime Provinces

Write for Catalogue and Prices. If we cannot
save money for you we will not ask you to buy.

GOODS GUARANTEED AS REPRESENTED

BELL PIANOS BELL ORGANS
WHITE SEWING MACHINES

N. H. PHINNEY
LAWRENCETOWN, N. S.

REGAL FLOUR

Ensures Bread that is Fine and Porous
of Texture and Full of the Nourishment
for which Manitoba Hard Wheat is
Famous.

Equally Satisfactory for Pastry,
Cakes and Puddings.

MAKE A RECORD
OF YOUR SECURITIES

For the convenience of those desiring to make a
record of their securities, we have prepared a con-
venient form, with spaces for entering the name of
the security, date of purchase, amount, purchase
price, annual income, time of interest or dividend
payment, time of maturity, etc. This form has
proven very popular, and it is indispensable as
a ready reference for security holders.

A copy of the "Security Record" will be gladly
sent on request.

A. M. JACK & SON, Halifax
Correspondents of
A. E. AMES & CO.
Investment Securities Established 1888
Toronto, Montreal, New York

Subscribers for the Weekly Monitor

Save or Some One Starves—
S. O. S. O. S.

A Paper by Miss Effie Potter, Read at
The Patriotic Meeting at Law-
rencetown, and Published
by Request

During the next four or five months,
food conservation on this continent
and among our people must be the
sole aim, as stocks are dangerously
depleted, particularly in the cases of
cereals and meats. In Great Britain,
in France, in Italy, the people are
alive to the situation. They know
some thing of what the next few
months will mean. Their spirit was
expressed by Lord Chas. Beresford
the other day, when he said, "We are
fighting our belts and we are going
to win." Use should be made on our
continent of every available substitute
for wheat, beef and pork, for
upon our food service depends the
very lives of thousands of women and
children in the Allied countries.

Notwithstanding the war, and the
special need for economy, which war
has brought, Canadians are wasting at
a tremendous rate. We are slow in
Canada to realize the serious nature
of the food situation. We really do
not intend to waste, but because the
present generation has been so gen-
erously provided for, we do not know
what saving means.

Waste is simply not saving things,
which are useful. When we read, not
long after war began of Germans com-
mandeering old kettles, church images,
anything made of copper for munitions,
we thought we had them beaten. But
it is this great national economy that
has saved Germany until the present
time. Saving of food, reduction
of waste, substitution of other things
for the essentials of our Allies are
all other forms of production. The
thing that is saved takes the place
of the thing that cannot be produced.

The following "Ten ways to con-
serve" are suggested by the staff of
Macdonald College:

1. Cut the bread at the table, and
as required.
2. Save the crumbs from the bread
board. You will be surprised how
many there are.
3. Take a little less butter than
you will think you will need. It will
probably be the right amount.
4. Eat one more potato and one less
slice of bread.
5. Eat one more spoonful of por-
ridge and half a slice less toast.
6. If you need sugar in tea or cof-
fee, take what is required to sweeten
it. Do not leave a spoonful in the
bottom of the cup.
7. Fat is scarce today. Do not
leave the soap lying in water.
8. Do not eat more than you need.
Eat what you require.
9. Leave a clean plate.
10. Eat slowly. Food well mas-
ticated, supplies more nourishment
to the body, consequently less food is re-
quired.

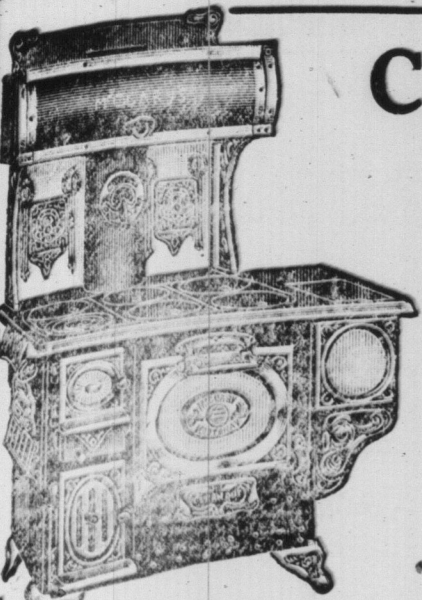
What is the food waste yearly in
Canada? Expressed in dollars, at
least \$50,000,000; expressed in wheat at
\$2 a bushel, 25,000,000 bus.; expressed
in meat, say at 40c. per lb., it would
be 125,000,000 lbs. or enough to sup-
ply a Canadian army of 500,000 men
for 200 days.

We waste food in many ways:—
In peeling potatoes the loss is 20%.
There is a waste in stale bread, in
bread crumbs, in bread crusts, in kit-
chen garbage, in the fats of meats, in
meats or chicken bones, in the sour
milk or buttermilk that can often be
utilized, in eating more than we really
need, in eating the wrong kinds of
food, not substituting other foods
for the beef, wheat and bacon
which are needed overseas, in keep-
ing too many domestic pets, which
consume good food and in leaving
good food uncovered to be wasted or
spilled by vermin. The crusts we
throw away would be gladly received
by the starving Belgians, Serbs or
Poles and other unfortunates of the
war zone. The bones thrown into
the garbage pails would make thou-
sands of plates of nourishing soup.
One ounce of edible meat (a one inch
cube of meat weighs about an ounce)
if saved every day by the 1,600,000
families in Canada, would mean a daily
saving for the soldiers and our Allies
of 100,000 pounds of meat, or in one
year of 36,500,000 lbs. of animal
food. If every Canadian family can
save this one ounce of edible meat or
fat every day from the garbage pail
or reduce their consumption by this
amount, they would save enough to
provide for the meat ration of 100,000
Canadian soldiers. Instead of beef
or pork of all kinds we should sub-
stitute as far as possible mutton,
sausage, poultry, rabbit, game, tongue
and liver. Good meat substitutes are
fish, eggs, cheese, dried beans and
peas. Margarine and cooking fats
may be substituted for butter, but
children should not be deprived of
butter, unless furnished with plenty
of milk. Right here it might be ad-
ded that whole milk is much more
wholesome for children than meat.

We are also asked to conserve sug-
ar for overseas, so corn syrup or
honey or molasses may be substituted
in cooking it will be necessary to use
one quarter more.

Canada and the United States are
asked this year to provide 450,000,000

Controlled Heat



The oven in the Kootenay Range is surrounded by an envelope of heat which is at every moment under your instantaneous control. With the Kootenay Range the heat control is so easy and accurate you can use all the heat from your fuel without waste.

MAGEE & CHARLTON
BRIDGETOWN, N. S.

McClary's Kootenay Range

London Toronto Montreal Winnipeg Vancouver
St. John, N.B. Calgary Hamilton Edmonton Saskatoon

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No Red Tape! 47 Years' Experience!

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MARKET

Fresh Pork, Lamb,
and Bacon, Sausages,
Pressed Beef, Mince
Beef and Pork, Salt
less Cod,
every Thursday.

as Mack

PILES

Zam-Buk ends the
pain, and stops bleed-
ing. Try it!
All dealers, 50c. box.

Zam-Buk

It is also the patriotic duty of
as little wheat as possible. For
gravies and dusting flour, housewives
may use barley or corn flour entirely.
For wheat bread, rye bread, graham,
bran, raisin, fruit or nut bread from
15 to 20 per cent of barley or corn
flour may be substituted for wheat
flour; in brown bread 33 per cent, in
coffee cake, roll dough, doughnuts,
dark sheet cake, dark cup cake, or
dark cookies, 15 to 25 per cent, and
in all kinds of tea biscuit, griddle
cakes, or fried cakes, 15 to 40 per
cent of these flour can substitute for
wheat. It is also the patriotic duty
everyone baking bread to use a cer-
tain quantity of mashed or rice pot-
ato in place of wheat flour. Potatoes
are an addition and will improve
the texture of the bread and it is per-
fectly safe to use them in the pro-
portion of one quart of potato to every
four quarts flour used.

Vegetables are so easily raised or
obtained in our country, can be used
in so many ways, and are such whole-
some food that they should be used
in every possible way, being careful,
however, not to exclude the other
foods necessary for a perfect diet.

We should not feel ourselves in
anyway above saving and economizing
in every way, and due regard should
be given to rules and restrictions.
Canada's new anti-waste laws recent-
ly published, include the following,
and those who offend are subject to
penalty:

- (1) When food, fit for human use,
is wilfully or negligently damaged or
thrown away.
- (2) When any one procures for any
purpose a greater quantity than is
reasonably required.

Fines for those who broke restric-
tions such as these in England and
other countries, have been imposed
already in many cases. One of Eng-
land's prominent M. P.'s was recent-
ly fined \$3000 for hoarding food.
Marie Corelli was fined \$500 for hav-
ing an excess of sugar in her home.

Canada's Food Board has asked for
meatless Wednesdays and the first
conviction under the new regulations
was of Paul Letros, proprietor of the
Star Restaurant, Toronto, who was
fined \$25 with the option of 30 days in
jail for serving pork on Wednesdays,
contrary to the order of the Board.

In respect to saving we have the ex-
ample of even our King and Queen,
who are on rations, and whose even-
ing meal often consists simply of
bread and jam.

We may find that it calls even for
self-sacrifice as well as prudence on
our part, but under present conditions
all should cheerfully co-operate to-
wards the great end—helping the Al-
lies win the war. In this respect we
should not follow the example of a
man in England, who, because he did
not care for it, refused to eat a din-
ner of fish prepared for him by his
wife. She, feeling herself to be in the
right (as the woman naturally should)
informed on him, with the result that
he was finally called upon to pay a
fine of \$25. This will, I suppose,
teach two things:

- (1) That men should carefully obey
their wives. (2), and not least, we
should be willing to set aside our likes
and dislikes in this matter of econ-
omy.

To discourage waste, to conserve
to the utmost, everything that is of
the nature of food, to utilize all food
products, formerly overlooked or dis-
carded in order that we may realize
the staple foods for export to supply
the needs of our Allies, is one of our
first duties.

A member of the British Ministry of
Food states: If the food line at home
breaks, the holding of the trenches at
the front will avail us nothing. Vic-
tory is the destination to which we
must all travel. Whether we keep
the rails or get wrecked at Starvation
Junction depends upon how much food
we provide for the journey.

FOR YOUR ROOF

Cedar Shingles
Spruce Shingles
Paroid Roofing
Eastlake Steel Shingles

It will be to your advantage to see
our stock and obtain our prices.
WE HAVE A LARGE STOCK.

J. H. HICKS & SONS

"Remy" Spray Gun

FOR POWER SPRAYERS

This gun will accommodate any size
Hose up to, and including 3/4 inch. It
is not necessary to throw away the
Hose and Couplings you have on hand.
Length of gun 24 inches.

Retail Price \$12.00.
Wholesale price furnished to the
trade on application.
ILLSLEY & HARVEY, CO., LTD.
Port Williams, N. S.

Let Nature Clear Your Blood

With pure, rich blood—a healthy
stomach—and an active liver—you
may laugh at disease, and, you may
have all three by taking

Dr. Wilson's HERBINE BITTERS

This splendid blood medicine—
made of old fashioned herbs—gives
the system a regular "spring house-
cleaning"—regulates liver and bowels
—cleanses the blood of all poisonous
matter—tones up the nerves—and
gives strength, vigor and a feeling of
good cheer to the whole system.

At most stores, 25c. a bottle; Family
size, five times as large, \$1.
The Brayley Drug Company, Limited
St. John, N.B.

Splendid Opportunity

to start a collection of the Movie Stars.
These photos are 5 x 7, hand colored
and mounted. Price 10c each. Make
your choice from the following stars:

Marguerite Clark Pearlle White
Blanche Sweet Earl Williams
Wallace Reid Mary Pickford
Olga Petrova Crane Wilbur
Clara Kimball Young Helen Holmes
and many others

Fill out coupon and mail to address
given.


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The universal military service gum—

A Soldier's offering to his sweetheart is naturally the sweetmeat that gave him most refreshment and greatest enjoyment when on duty.

The Flavour Lasts



Keep the boys in service supplied.

Made in Canada

FOR YOUR ROOF

Cedar Shingles
Spruce Shingles
Paroid Roofing
Eastlake Steel Shingles

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