

WAR MENUS

HOW TO SAVE WHEAT, BEEF AND BACON FOR THE MEN AT THE FRONT

ISSUED FROM THE OFFICE OF THE FOOD CONTROLLER FOR CANADA

SUNDAY
Breakfast
Fresh Fruit Oatmeal Porridge
Tea or Coffee Marmalade Milk Sugar

THURSDAY
Breakfast
Fresh Fruit Wheatmeal Porridge
Tea or Coffee Marmalade Milk Sugar

MONDAY
Breakfast
Oatmeal Porridge Milk Sugar
Eggs (soft Cooked) Marmalade
Tea or Coffee Butter Tea or Coffee

TUESDAY
Breakfast
Fresh Fruit Cornmeal Porridge
Graham Bread Butter Milk
Coffee or Tea Sugar

WEDNESDAY
Breakfast
Fresh Fruit (Berries in Season) Oatmeal Porridge Milk Sugar
Omelet Toast Coffee or Tea

FRIDAY
Breakfast
Mutton Potatoes Corn
Apple and Bread-Crumb Pudding (Brown Betty) Milk

SATURDAY
Breakfast
Cornmeal Porridge Milk Sugar
Ham Omelet Brown Bread Toast Coffee

SUNDAY
Breakfast
Cold Roast Veal Tomato Catsup
Mashed Potatoes Green Beans
Bread and Butter Oatmeal Cookies Jelly

MONDAY
Breakfast
Oatmeal Porridge Milk Sugar
Eggs (soft Cooked) Marmalade
Tea or Coffee Butter Tea or Coffee

TUESDAY
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Graham Bread Butter Milk
Coffee or Tea Sugar

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THE VOYAGE

THE ship set sail through the Sunset Gate. Laden with wonderful, precious freight: As the sun went down and the sea went red, Steadily, steadily, on she sped, Into the teeth of a howling gale. That tore at timbers and and mast and sail. Gallantly, doggedly, fought she through (As it might be me—or it might be you!) And the night had passed and the sun was bright, And she drifted home in the morning light. The ship made straight for the friendly land, Steered by the truest, clutching hand; The breeze was gentle, the sunlight glowed, And the single passenger kicked and crowed As she journeyed back to her starting place. With the smile of God on her skipper's face. Battered a bit by a heavy sea (As it might be you—or it might be me), Out of the fog and the mist of pain, Proudly she came into port again!

—BEATRICE BERRY.

with salt, and pepper, and dredge with flour. Repeat. Add milk until it may be seen through the top layer. Add bits of butter. Bake in the oven until the potato is soft.

BRAN GEMS—
1/2 cup of flour
1/2 cup of bran
1 cup sour milk
1/2 cup molasses
1/2 teaspoon soda
1 teaspoon salt
2 tablespoons melted dripping
Mix and sift dry ingredients; add milk to molasses, and combine mixtures; then add butter.

CROPS IN CANADA

Ottawa September 19 1917. The Census and Statistics Office issued to-day a preliminary estimate of the production in Canada of the principal grain crops (wheat, oats, rye, barley and flaxseed), for 1917, as well as a statement of the condition of all field crops as reported by crop correspondents at the end of August. For Quebec, Saskatchewan, Alberta and British Columbia the areas under field crops in 1917, used as a basis for the estimates of production, have been compiled from returns collected from individual farmers under arrangements carried out jointly by the Census and Statistics Office and the Provincial Departments of Agriculture.

TOTAL YIELDS OF GRAIN CROPS 1917
The preliminary estimate of this year's wheat crop in Canada is for a total of 249,164,700 bushels from 14,755,800 acres, an average yield per acre of 16.88 bushels as compared with 17 bushels in 1915 and 29 bushels in 1916. The estimated yield of wheat in 1916 is 229,313,000 bushels from 15,448,250 acres, so that the estimated total for 1917 represents an increase of 19,851,700 bushels, or 8 p. c. The total yield of oats in 1917 is estimated at 399,843,000 bushels from 12,052,000 acres harvested, as compared with 365,553,000 bushels from 10,178,000 acres harvested in 1915. For the prairie provinces it has been necessary to deduct from the sown areas percentages of 20 in Manitoba and 17 in Saskatchewan and Alberta for crops not ripened into grain. The yield per acre on the harvested area is therefore for all Canada 33.18 bushels, as compared with 35.91 bushels in 1915 and 45.94 bushels in 1916. For rye the estimate is 4,194,950 bushels from 211,870 acres, as compared with 2,967,400 bushels from 148,620 acres in 1916, the yields per acre being nearly 20 bushels in both years. Barley yields 59,318,400 bushels from 2,382,200 acres as against 42,647,000 bushels from 1,703,700 acres in 1916, the yields per acre being 24.80 and 25 bushels respectively. The total yield of flaxseed is placed at 10,067,500 bushels from 1,242,000 acres, as compared with 7,215,900 bushels from 822,000 harvested acres in 1916, the average yields per acre being 8.11 bushels in 1917 and 11.4 bushels in 1916.

GRAIN YIELDS OF THE PRAIRIE PROVINCES
The estimated total production of wheat in the three Prairie Provinces (Manitoba, Saskatchewan and Alberta) is 225,778,700 bushels from 13,619,370 acres, as compared with 208,846,000 bushels from 12,441,350 acres in 1916. In Manitoba the total yield of wheat for 1917 is 41,642,200 bushels as compared with 27,943,000 bushels in 1916, in Saskatchewan 130,356,000 bushels as against 131,765,000 bushels and in Alberta 53,780,500 bushels against 49,138,000 bushels. Oats yield 224,390,000 bushels in the three prairie provinces as compared with 269,258,000 bushels in 1916, barley 43,168,400 bushels against 33,296,000 bushels, rye 2,498,850 bushels against 1,636,000 bushels and flaxseed 9,951,500 bushels against 7,369,000 bushels.

CONDITION OF FIELD CROPS
At the end of August the condition of field crops for Canada, expressed in percentage of a standard representing a full crop was as follows: Spring wheat 73, oats 76, rye 75, rye 82, peas 76, beans 81, flaxseed 85, mixed grains 88, flax 63, corn for husking 73, potatoes 77, turnips 84, mangolds etc., 83, alfalfa 87, corn for fodder 82, sugar beets 89, pastures 87 and hay and clover 95. The Saskatchewan Department of Agriculture telegraphed September 11 that wheat cutting was completed and that some oats were still too green and were ripening slowly. Threshing had commenced, and wheat was turning out a good sample, with the yield higher than was expected. Labour was scarce and prices were high. Frost in some parts would injure late crops. Potatoes were a fair crop. The Alberta Department telegraphed September 8 that frosts had done more or less damage to vegetables but that all grain except late barley and oats had been saved.

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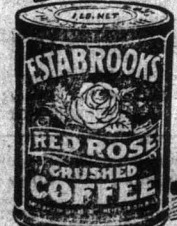
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The same price as it was three years ago.



Red Rose Coffee

Put Less Tea in the Pot
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When you want Pretty Patterns in Linoleums and Matting see Ours.

Dear Mary:—
I've just finished "putting down" my new linoleums and matting. How neat and clean my kitchen looks! How cool my bedrooms are and how easy to sweep and keep tidy!
My "girl" just sings as she works. She was getting cross before. I don't blame her. I ought to have been considerate of her surroundings as well as my own.
When you come over and see how refreshed my whole home is since I've fixed the floors, you too will get some new linoleum and matting.
Come over—HELEN.
P.S. You get yours where I got mine—from
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