

OUR MAILING LIST.

Will those receiving duplicate numbers of the Canadian Food Bulletin kindly write stating the fact to the Canada Food Board, Ottawa? Some names received from varying sources have been entered twice on our mailing lists. A revision is being made, and recipients will best help by sending back the duplicate envelopes for comparison, stating the exact address.

Any request to add a new name to the list will at all times be gladly complied with. Please write names and initials unmistakably.

NOTRE ÉDITION FRANÇAISE.

Nous publions régulièrement une édition française du Bulletin Canadien des Vivres. Que ceux qui désirent cette édition française veuillent bien nous en prévenir en écrivant à la Commission des Vivres du Canada, Ottawa, en nous donnant clairement leurs noms et adresses.

"THE LITTLE LESS."

You surely have not missed the little less wheat in your bread? Yet it has reduced our Canadian consumption by 200,000 barrels a month, or 12,000,000 bushels a year.

We sent 125,000,000 pounds more pork and 75,000,000 pounds more beef to the Allies last year. We saved that at the table too.

We hope to save 100,000 tons of sugar a year by spoonfuls.

All this has been done just as "Little drops of water, Little grains of sand, Make the mighty ocean, And the pleasant land."

Will you remember it is in your hands?

RECIPE BOOKLETS 5c. EACH.

Issued by the Canada Food Board.

No. 1—FRUIT AND VEGETABLES: Canning, Drying, Storing.

No. 2—CANADIAN FISH AND HOW TO COOK THEM.

No. 3—VEGETABLE RECIPES.

No. 4—BREAD RECIPES.

On sale on application, with remittance, to the Canada Food Board, Ottawa; or from the office of the Western Representative of the Canada Food Board (205 Scott Block, Winnipeg, Man.).

And from:—

Nova Scotia.....	A. S. Barnstead, 197 Hollis St., Halifax.	Manitoba	Prof. J. B. Reynolds, Man. Agricultural College, Winnipeg.
New Brunswick.....	Dr. W. C. Kierstead, P. O. Building, Fredericton.		Col. Clarke, Scott B'ld., Winnipeg.
Pr. Edward Island...	Wm. Kerr, Brown Building, Charlottetown.	Saskatchewan	L. E. Mutton, 24 Canada Life Bldg., Regina.
Quebec	Philippe Furois, 103 John St., Quebec.	Alberta	Capt. G. D. Hunt, Merchants Bk. Bldg., Edmonton.
Ontario	Dr. A. H. Abbott, (Sec., Organization of Resources Comm.) 43 King St., West, Toronto.	British Columbia....	J. H. Hill, 227 P. O. Bldg., Victoria.