

HEN this here War is done," says Dan, " and all the fightin' 's through "W HEN this nere war is usua; Super Annual Heal was used to do; There's some 'll pal with Fritz again as they was used to do; But not me," says Dan the sailor-man, " not me," says he; "Lord knows it's nippy in an open boat on winter nights at sea.

"When the last battle's lost an' won, an' won or lost the game, There's some 'll think no 'arm to drink with squareheads just the same But not me," says Dan the sailor-man, "an' if you ask me why-Lord knows it's thirsty in an open boat when the water-breaker's dry.

When all the bloomin' mines is sweep' an' ships are sunk no more, There's some 'll set them down to eat with Germans as before: But not me," says Dan the sailor-man, " not me, for one-Lord knows it's hungry in an open boat when the last biscuit's done

When peace is signed and treaties made an' trade begins again, There's some 'll shake a Grerman's 'and an' never see the stain; But not me," says Dan the sailor-man, "not me, as God's on high-Lord knows it's bitter in an open boat to see your shipmates die."

CICELY FOX-SMITH, in Punch.

### CORN MEALS

In spite of the high price of corn-mea it is an economy to buy it because it contains more nourishment than almost any other staple food. At its present price, fifty-cents' worth of corn-meal will give as much nourishment as a dollar's worth of wheat bread.

CORN-MEAL MUFFINS

- 1 egg 2 cups milk
- 3 teaspoons salt
- 3 cups corn-meal
- 4 teaspoons baking-powder 4 tablespoons fat

Add the milk and salt to the beaten egg Mix the baking-powder with the cornmeal, and add this to the first mixture Beat for one minute and then add the melted fat. Bake in a hot oven.

CORN-MEAL PANCAKES

2 cups corn-meal 1 teaspoon soda

3 teaspoon salt

2 cup flour 2 cups sour milk or buttermilk 4 tablespoons fat

hot greased griddle.

CORN-MEAL WITH DATES

1 cup corn-meal

11 teaspoons salt 5 cups milk

1 cup dates

Cook the milk, corn-meal, and salt for six hours in a double-boiler. Add the dates and serve with milk.

POLENTIA

1 cup corn meal 1 cup milk 2½ cups water 2 teaspoons salt

1 tablespoon fat ½ cup grated cheese

Mix the corn-meal, milk, water, and salt, and cook together in a double-boiler for five hours. Beat the egg and add to it the melted fat and the cheese. Add this mixture to the cooked corn-meal. Pour into a shallow pan and cool. Cut into cubes and reheat. Serve with grated theese or tomato sauce.

APPLE CORN-MEAL ROLYPOLY

2 cups corn-meal 1 teaspoon salt

6 apples

Pour enough boiling water over the corn-meal and salt to make a thick paste. Flatten to one inch in thickness. Wrap the paste round the apples which have been pared, cored and quartered. Roll in a pudding cloth and cook in boiling salted water. Cut open and serve with hard

OLD-FASHIONED BROWN BREAD

cup corn-meal

cup graham or rye flour

I teaspoon salt

3 teaspoon soda cup molasses 1 cup sour milk

1 cup raisins Mix all the ingredients thoroughly, and desired add a cup of nuts. Steam for three hours and set in the oven to dry for

fifteen minutes. This will fill two one-

half pound cans. CORN-MEAL AND CHEESE

3 cups corn-med l tablespoon salt

2 quarts water cup grated cheese

a double boiler until the corn-meal is tentatious cynic. "Well," replied Mr. Meekton, "I guess Henrietta is right. grated cheese and stir until the cheese is all melted. Pour into a damp, cold mould. When cold cut into slices and fry in hot Serve with tomato sauce or ketchup.

# CANADA FOOD BOARD **SPEAKS**

MANADIANS have for perhaps a U generation been a young nation of With knobbledy fingers and large flat wasters. The natural resources of this country have been so bountiful that our Her hair was dragged behind in a bunch. people have been inclined to consider And she had dinner when you have lunch. them inexhaustible. In the matter of But Anna Maria had spirit within herfood particularly, millions of dollars are The spirit that makes a saint of a sinnerwasted every year. Wheat for example, When she saw what was right she went is wasted on the farm; wasted on the road to the mill in some cases; wasted at And then, if need was, afterward hid it. the elevator; wasted throughout the Anna Maria Sophia Jones course of its transportation, wasted at the Asked in dull and colorless tone flour mill by reason of the over-refine- The Government Lady to walk inside, ment of flour to which we have become Opened the door of the passage wide, accustomed; wasted in the homes. Of Took a chopper and hit her hard, foodstuffs in general, it is calculated that And buried the body in the yard. \$50,000,000 per annum is a conservative Tragic, too, though—isn't it?—leaving estimate of waste that has gone on in out the chopper and yard bit. Canada in recent years.

Canada is now involved in the greatest -Farmers Advocate and Home Magazine war of all time. She is fighting a nation who has organized her resources, men and materials, on a most thorough PROVINCIAL DEPARTMENT OF modern, systematic basis. The wastefulness which goes on in Germany in times Mix together the corn-meal, soda, salt, which characterizes this Continent, into the dominions overseas. "Waste in over the appropriations. war time is a crime" said the Canadian Food Controller, and his words have been paralleled by the Food Controllers of Great Britain and the United States.

In Canada this statement has now be come literally true. By reason of an Order-in-Council now in effect as the law of Canada, the Governor General-in Council, on the recommendation of the Minister of Agriculture, and pursuant of the advice of the Canada Food Board acting on the power conferred upon them by the War Measures Act, has penalized wilful waste of food, due to careless or faulty storage. It is now the duty of each municipality in Canada to enforce this regulation within its municipal limits Where conviction is obtained, in a case of waste of food or food products, resulting from carelessness or from the manner of storage or any other avoidable cause, a fine not exceeding \$1,000 and not less than \$100, or a period of imprisonment not exceeding three months, or both fine and imprisonment, will be imposed. This fine shall accrue to the municipality or the province, depending upon the authority of the officer conducting the prosecution. The Canada Food Board is empowered to seize food which is in danger of deterioration from improper storage or other causes, and have it sold. This new law should make it possible to prevent cases of food which has been stored too long having to be thrown out

### CHEAP FISH FOR UPPER **PROVINCES**

Montreal, March 29.—The food control bureau at Ottawa is preparing to supply cheap fish in Montreal and other centres in Canada by opening retail stores and selling fish at a low price on the "cash and carry" system-that is, customers paying cash and carrying their own parcels, according to an announcement made by G. W. Jones, of the food control bureau, here to day, in an address to the Kiwan's Club.

She is constantly saying I never had any business to gamble."—Washington Star.

"Some people," said Uncle Eben, "regards givin' good advice as a form of amusement, same as tellin' funny stories."

Washington Star.

# THE LAY OF THE GOVERNMENT

Anna Maria Sophia Jones Was just a bundle of skin and bones-The sort of woman you often meet With knobbledy fingers and large flat

Her hair was dragged behind in a bunch, And she had dinner when you have lunch

The Government Lady came to the door-She spoke to Maria firmly and long-And all that Maria did was wrong. She oughtn't to peel potatoes and boil

To peel potatoes was only to spoil them; She oughtn't to waste the pods of the pea; She oughtn't to stew and stew her tea; She oughtn't to feed her baby on bread Before it had ever a tooth in its head-(Anna Sophia, mother of five, Three were dead but two were alive. Always had given her baby bread Before it had ever a tooth in its head.) She oughtn't to stuff up the drain of the

She oughtn't to shut out air and light; She oughtn't to close her window at

night-(Anna Maria Sophia Jones Always fastened her window-click, Air in a bedroom made her sick.) She oughtn't to buy herself ready-made clothes-

She oughtn't—she oughtn't—Oh, goodness knows. . .

Before the Government Lady had ended Anna Sophia was highly offended.

Anna Maria Sophia Jones Was just a bundle of skin and bones-The sort of woman you often meet

and did it,

# PUBLIC WORKS

The annual report of Hon. P. J. Veniot and flour, and stir into it the beaten egg, cluding Canada. In time of war, Minister of public works for the province, the milk, and the melted fat. Fry on a Germany still more strictly conserves and shows a total expenditure of \$1,365,352.36 organizes, otherwise she could not with. in 1917. There remained on hand at the stand practically all the rest of the end of the year unexpended balances civilized world in this struggle. In the being in the accounts for permanent four years of war the lessons of organiz. roads and permanent bridges. The only ation and avoiding waste have been account showing an over-expenditure was brought home to the British people and that of motor vehicles, which ran \$263.32

The summary of the expenditures is as

n	follows:-	e Teknis sek middist	
f	Service	Appropriation	Expended
	Ordinary		
•	Bridges	\$407,125.29	\$217,145.38
n	Ordinary		
V	Roads	The second of	189,488,95
١-	Roads-		10.00 美国
e	Special		
f	Improve-		
Ļ	ments		82,787.15
n	Roads Per-	A MORE AND A STATE OF	
d	manent	500,000.00	334,066,65
r	Legislative		
h	Building	Santa Rid of	
S	and Offices	29,296,78	29,296.78
3.	Normal	A Charles Inc.	
f	School	10,033.36	10,033.36
g f	Provincial		
f	Hospital	28,000.00	25,898.62
a	Steam Navi-		4.14.20
S	gation	25,467.00	25,467.00
t	Wharves	7,000.00	4,252.07
e	Miscel-		
S	laneous	11,973.42	11,973.42
r	Motor		
е	Vehicles	6,000.00	6,263.32
е	Permanent		
s	Bridges	735,030.65	428,679.66
n		\$1,759,926.80	\$1,365,352.36
r		Ψ1,109,340.00	Ø1.300.304.30

We are not afraid to publish the PRICE

## of our CEDAR CHESTS

for they are well worth? the price we ask, which is FIFTEEN DOLLARS

If you pay more than fifteen dollars for a Cedar Chest you have money to burn. If you pay less than fifteen dollars you have money to burn just the same, as you will be getting an inferior article and worthless for what you buy it.

Your Furs and Woollens should be packed away carefully every spring in one of Haley's Cedar Chests, That is all there is about it. We would like to hear from folks who are in-

> Haley & Son St. Stephen, N. B.

P. L. Smithers, of the Booth Fisheries Company, gave his friends in the Sardine Section some intimate facts about price fixing by the government that ought to be useful in the future. Quite incidentally, he "fathered" a resolution that aims to set a standard weight and price for raw fish—the most vital matter that came before the section.-Fishing Gazette.

It is common knowledge throughout the sardine fishing and packing industries that an attempt is to be made, as indicated by the above clipping, to have the government set the price of sardine herring at the weirs for the coming season. In this connexion it should be remembered by the packers that they are asking the government to guarantee their own profits by fixing both their cost and their selling prices, whereas no one has asked for such guarantees for the weirmen, who must take their own chances, with the possibility of an absolute failure on the one hand, unbalanced by an opportunity to secure high competitive prices, on the

been given to the weirmen to present price, in order that they may be protected against the packer when fish are plentiful, as the packer is to be protected against them when fish are scarce.

What's the use of profanity? You don't really disliké the mule, you know?" "Of course, not. An' the mule knows it. But ordinary conversation ain't goin' to appeal to him. You got to act agitated an make him feel that he's of some importance."-Washington Star.

Unlucky Fisherman-"Boy, will you sell that big string of fish you are carrying?" The Boy-"No, but I'll take yer pitcher holdin' it fer fifty cents."-Judge.

Minard's Liniment Relieves Neuralgia.



CASE OF EACH WILL BE REVIEWED IN ORDER TO ENSURE EVEN ADMINSTRATION OF SERVICE ACT One of the most significant of the many

the United States will have paid back

with interest, all the military short-cuts

acquired in the early days of the Alliance.

One of the many ideas for which we are

evidences of that comradeship in arms, now existing between the great democracy to the south and ourselves is the freedom with which each is borrowing from the otebook of the other. The United States, as a later entrant into the struggle for the maintenance of the free institutions of the Earth, necessarily began as a debtor, in the matter of experience, to the neighbour which had been in the fight from the beginning. But in a certain sense it may be said that the American Republic has already liquidated this indebtness. Certainly when the final balance is struck, it will be found that

There has never been a time in the already indebted to the United States is sardine industry when extra effort on the the questionnaire, designed to make for part of the weirmen would be more advantageous to the packers than it is this Service Act. These questionnaires, year, and it would be good policy all around, if the price is to be fixed, that it be fixed only after an opportunity has their side of the question; that the price be made high enough to induce them to make the heavy expenditures required in rebuilding their weirs; and that it be set as a minimum as well as a maximum

We believe that the packers, from motives not only of fairness but of regard for their own ultimate best interests, should see that the weirmen have no cause to complain about the price to be fixed by the Canadian and American Governments.—Eastport Sentinel.

THE EMPIRE'S BREAKFAST

Are relieved in a few days by taking 30 drops of Mother Seigel's

Syrup after meals and on retiring.
It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thus relieving pain and coreness. Saigol's Sarup also

soreness. Seigel's Syrup, also known as "Extract of Roots,"

contains no dope nor other strong drugs to kill or mask the pain of

rheumatism or lumbago, it re-moves the cause. 50c. a bottle

at druggists.

following the practice employed in the

United States, will be mailed to all exempt

ed men, who must return them properly

filled in, without delay, or forfeit their

certificates of exemption. Any, change

in address should be at once communicat-

ed to the District Registrar, as failure to

receive questionnaire will be regarded as

of the same effect as failure to return it

properly filled in. The general public are

invited to assist the Government, to the

fullest possible extent, in the even ad-

· Silicus.—We never hear the best things

that are said about us. Cynicus-No; we

minstration of the Act.

are dead then .- Judge.

PURITY

OATIS SOLD IN

GERM PROOF TUBES

MANUFACTURED BY Western Canada Flour Mills Co Limited