

CANADA SHOULD CONSERVE FLOUR

Potatoes Have Much Food Value and Should Be Used

PARTIAL SUBSTITUTE

People who wish to help in food conservation should consider potatoes as a partial substitute for wheat flour. Potatoes are the chief staple of the semi-perishable foods. Canadians do not eat their fair share of potatoes even in normal times. We have been largely a wheat, beef and pork consuming people. These staples are now required for overseas and it behooves us to substitute other foods for these.

for months on a diet of nothing else than potatoes, oleomargarine and a little fruit. Potatoes contain protein

of the very best kind. They also contain mineral salts which neutralize harmful acids in the body. The food material in potatoes is 98 per cent. digestible.

Use Less Bread.

Canadians have large supplies of potatoes, carrots, onions and turnips and by consuming these vegetables freely they can economize with bread.

More than 300 ways of cooking potatoes are known. They combine well with many flavors. They can be used to economize on meat.

Use Less Bread.
 Canadians have large supplies of potatoes, carrots, onions and turnips and by consuming these

More than 300 ways of cooking potatoes are known. They combine well with many flavors. They can be used to economical advantage with meat and fish, in stews, croquettes, hash, and fried potatoes. They can be used in a cup of mashed potatoes and two cups of flour make a bread mixture that helps the flour go further.

Good cooks know many ways of using potatoes. They are used in soups, steamed, lyonnaise, baked, chipped, fried hashed brown, creamed, escalloped, stuffed, au gratin, and scored or combined.

Canada has plenty of potatoes and altho the price is high compared with normal times, it is high compared with

Good cooks know the ways of us-
in, potatoes are various—boiled,
steamed, lyonnaised, baked, chipped

HOG CAMPAIGN TAKING

HOG CAMPAIGN TAKING

**Butter Than the Feed Situation
Would Warrant, Says One Report
From Rural District.**

The following is a summary of reports made by district representatives to the Ontario department of agriculture:

There has been less fattening than usual, most of the cattle being carried over on a maintenance ration until pasture is ready. As a consequence

under the usual weight. Stockers are hard to secure, some feeders having to purchase young animals from the city stockyards. Deism

in strong demand, more sales of good grades being reported at prices ranging from \$75 to \$150. The milk supply is holding up well, as a considerable number of cows are now freshening.

sustained generally—"better than the feed situation would warrant," says one report. The "Keep a Pig" movement is now being organized in

The corn situation is commanding much attention. The crop has become much depleted both in the bin and in the silo, and many farmers are worried over the poor prospects for

Representatives are receiving many enquiries for all classes of farm help. Applications for employment are also

being received, more married men than usual offering, as work is apparently growing slackier in some of the towns.

Jug-Handled System Used By City Dairy, Says Lawyer

"With the jug-handled system employed by the City Dairy, if the accounts can be collected by a driver then it is alright. If not, then he is held responsible and is paid up for theft. It is simply a case of heads I win, tails you lose, with the City Dairy," declared J. G. O'Donoghue, counsel for C. Thornton, who was

stealing \$141.45 from the City Dairy Company, for whom he worked as a driver. It was alleged that Thornton

did not turn in money that had been collected by him, but Thornton swore that he had turned in 23 sheets of tickets, each containing 100, and had handed them in at the wicket when no one was there, but this was denied by the company.

increases strength of delicate, nervous, run-down people in ten days'

time in many instances. Used and highly-endorsed by former United States Senators and Members of Congress, well-known physicians and former Public Health officials. Ask your doctor or druggist about it.

Rates—By mail, one year, \$4.00; 6 mo., \$2.00; 3 mo., \$1.00; one mo., 40c.
Carrier delivery maintained in Toronto, Hamilton and Brantford.