



GET YOUR COAL IN NOW

Delay Is Dangerous!

This year's harvest must be hauled at the earliest possible moment to relieve the food situation of the Allies.

The greater part of this winter's coal requirements for the West must be hauled before August 15th, so as to avoid congestion on the railways.

Lay in your winter supply of Alberta coal at once and give the railways the opportunity to get all the coal hauled before the new crop begins to move.

Do this for your own sake and for the sake of the Allies.

Every Car of Alberta Coal is
Government Inspected



Government of the Province of Alberta

JOHN T. STIRLING, Fuel Administrator for Alberta

under captains for each one of these districts and they were responsible for the enlistment of the housewives to be present at these demonstrations to be taught the government method of conserving vegetables from their home gardens. Our organization bore the expense of materials to demonstrate the methods. One person lectured and the others did the actual work, so when the lesson was finished each part of the process had been fully demonstrated to those present. We also gave out literature and waged an active campaign of education. We had two large public demonstrations in the largest hall in our city, with a university teacher present to make plain every step of this work and the reasons why. In this way we reached thousands of women and caused them to understand how and why they must not allow any vegetables to be wasted. This also would release the wheat, meats, fat and sugar for our Allies.

All the time we were looking forward to having a central canning centre to take care of the waste products that would come from commission houses, farms, over-production in many home gardens, or waste of any kind. Our kitchen was located in one of the largest homes in Canton, and donated by this family. We had the kitchen, screened-in porch, a large store-room, closets, and a very large basement given to us for our use.

Our equipment was donated by one of the large manufacturing concerns. The Canton Stamping and Enameling Co., and consisted of graniteware. The stove was a gas range and belonged with the equipment of this kitchen. We had long tables and benches. We employed a paid worker who was there from ten o'clock in the morning until work was finished for the day, and we never asked for more than six volunteer workers for each day, different workers being on duty each day. We found this the most effective method of handling the work. We obtained from the Sanitary Milk Co., the General Baking Co., etc., contributions, so that a free lunch was served every day at noon, consisting of coffee and tea, bread and butter, soup, and whatever product we were making in the kitchen. Farmers would give us potatoes and onions in small quantities, and often these were prepared for our lunches. I had the pleasure of being the cook. It is always wise to have one person manage this, because it saves the time of those working, makes it unnecessary for them to go home, and makes the work intensive from 10 o'clock until five. Then the social pleasure of lunching together and putting in practice all the rules for never wasting anything, makes the work a pleasure. I feel like emphasizing this, because I know it was one of the factors of our success.

The Chicago people are going to copy our plan exactly in regard to the war markets and the canning centre. We used, of course, many methods in our kitchen, according to the use we were to make of the material at our command. When we had a surplus of green tomatoes, we made this into chowder; over-ripe peaches were made into butter; elderberries, of which we had a great supply, were used with apple parings and jelly was the result, the apples being dried. Carrots were made into conserve; over-production of cabbage produced barrels of sauerkraut. Many things were canned according to the government method, but we always used our own good commonsense.

The products from our canning centre were sent to our cantonments. Our canning centre cost us \$425, including freight and packing of our products for our soldiers in the camps. This same method could be used for the women to conserve their products for home consumption. The working together and knowing it to be a war service makes the labor light, and results are very good. On account of the shortage of sugar this year we will very likely push the drying of vegetables and fruits. Having a centre here, we will do this.

You know the methods employed must be those best adapted to the needs of the community in which we live. We can only give suggestions, which must be used according to local conditions.—Mrs. J. H. B. Canton, Ohio.

KEEPING the can or it differs one of There are people to keep sweet, flabby, backho ple, people w under any p strike fire. "beareth all and so does spirit very fa from true char is a spirit th from trouble, t a fuss, that w at almost a There is a mos time-serving ling spirit never resent o or blaze on wrongdoer is p if the rightcon tion is likely costly. No have much to denunciation of harmless and even regard exemplars of possibly by so valuation. Is if there is a pernicious el people who m no protest, to the contrary. That object, pass for swee of prudence. Then there i and persistent bound to mal bitious or ke cess they will want to carr try like Pau purposes, to Prudent, self suppress one human natur evil, till they The sweet timidity or are not qual tivated, and men have in such qualitie the Galileas cheating tra and whose b head men b brought him more out of than sweetne ness in the and triumph here, self-co needed Th pride and a most of our disinterested is to be w But with a tions, how l gracious an There is a never for a for flamin, smouldering woman inco and moral d anger and there are is or justified! The self-temper, the meekness o are rare an ing qualitie There is sweetness and calmly ity or who gnawing to Spartan bo ing at his Much of th which we