

TO CANADIANS

The armies and civilian populations of the allied nations overseas need all the wheat, flour, beef, and bacon that Canada can supply. Three things we can and must do while the overseas war need continues. WE MUST PRODUCE ALL WE CAN, WASTE NOTHING, AND SHIFT OUR CONSUMPTION, as much as possible, FROM WHEAT, FLOUR, BEEF AND BACON TO OTHER FOODS. The other foods are just as wholesome for us but are not as suitable for shipment overseas in war time.

Every man and woman in Canada should do their share of this necessary war work. It does not call for sacrifice. It does require earnest, intelligent, diligent thinking and action, sustained by the conviction that it is necessary, that it will help to win the war, and that it will do good both individually and nationally.

I seek and urge the co-operation of every citizen. Do your bit to save every bit of food.

W. J. HANNA,
Food Controller

Ottawa, Aug. 17, 1917.

The above is the foreword of a pamphlet entitled "War Meals" issued by the Food Controller for Canada, and containing much advice of great practical value and helpfulness on this subject. The pamphlet is too lengthy to reprint in full but the following extracts are of special importance.

A WASTE OF FOOD SUPPLY FOR A FAMILY
Determined by calculations based on standards set by recognized authorities, for a family of five. Man working moderately hard, weighing about 150 pounds. His wife doing all the housework, weighing about 125 pounds.

A boy of 12, weighing about 75 pounds.
A girl of 9, weighing about 56 pounds.
A child of 3, weighing about 35 pounds.
10 pounds of meat or meat substitute (moderately fat meat, poultry, fish, eggs, cheese, dried peas, beans and peanuts.)

20 pounds of cereal products (Flour—wheat, rye, corn, barley, oat. Meal—breakfast foods, oatmeal, corn meal, flaked barley, etc. Soda biscuit, etc.)

If bread is purchased, deduct one pound of flour for every one and a quarter pounds of bread.

20 pounds of potatoes (when these are scarce, one-fifth the weight in rice, hominy, or other cereal may be substituted.)

28 pounds of other vegetables and fruits (Dried fruit may be substituted for part of the fresh at the rate of three or four ounces of dried for one and a quarter pounds of fresh.)

3 pounds of fat (butter, dripping, cooking fats or oils.)

14 quarts of milk (skim milk or buttermilk may replace half of this, but extra fat will have to be purchased at the rate of one and a half ounces for each quart.)

"Officer, why did you arrest this motorist?" "Suspicious actions, your honor. He was within the speed limits, sounding his horn properly, and trying to keep to the right side of the street."—*Louisville Courier-Journal.*

FINDING GOOD MUSHROOMS

BAD ONES EASILY SPOTTED

POISONOUS SPECIES HAS THREE DISTINCT CHARACTERISTICS WHICH MAY READILY BE RECOGNIZED BY ALL

Can you distinguish the poisonous mushroom from the far more numerous kind of edible mushroom? If not, the representatives of the Mycological Society of Ontario, who have an exhibit in the southwest corner of the Government Building, will gladly show you how. According to Secretary E. H. Bickford, who is in charge of the exhibit at the Exhibition Grounds, Canadians use fewer mushrooms than any other nation, simply because they are not acquainted with them.

FOOD STUFFS WASTED
Owing to Canadians' lack of knowledge in this direction, according to Mr. Bickford, hundreds of thousands of tons of food stuffs are wasted annually.

All told there are about one thousand varieties of edible mushrooms. In the parks, fields and boulevards around Toronto, no fewer than 88 varieties are flourishing this month.

LOCAL VARIETIES
During December, January and February, mushrooms are unknown, but March is productive of 2 varieties, while the high water mark is reached in September. The following table gives some idea of the steady rise and then sudden drop of the mushroom season:

March	2 Varieties
April	6 "
May	10 "
June	22 "
July	38 "
Aug.	58 "
Sept.	88 "
Oct.	42 "
Nov.	9 "

THE DEADLY AMANITA

The deadly poisonous growth of mushroom known as the "Deadly Amanita," is easily recognized by three characteristics. It grows out of a cup well covered by the earth, it has white gills or spores (never turning dark), and a ring hangs well up on the stem.

"Death Cap" is the most poisonous variety, and unfortunately is very common in Canadian woods. Its mere presence in a basketful of good mushrooms will contaminate the rest. Carrying it in damp hands has been known to make people ill. A piece the size of a dime has been known to cause death when eaten. Cooking does not alter its dangerous qualities.

ROYALTY DIED THROUGH IT
Czar Alexis, in Russia, is said to have died through eating this mushroom, and one of Nero's pleasures is said to have been the giving of feasts at which "Death Cap" was served.

"The danger signal is the cup at the base of the stalk," said Mr. Bickford to *The Telegram*. "All who have children should teach them the deadly amanita for a start, and you will soon find that their interest, once drawn to the deadly kind, will extend to the valuable ones."

PROFITABLE OCCUPATION
In reply to an inquisitive Scotsman, Mr. Bickford said that the field mushroom made the best catsup.

Mushrooms flourish in shady spots, at a temperature of from fifty to sixty degrees. They also like a certain amount of moisture. Secretary Bickford told *The Telegram* he knew of one man in Toronto who had paid for a house and lot with the profits realized from the cultivation of mushrooms in his spare time.—*Toronto Telegram.*

CANADA'S DAIRY WEALTH

ONTARIO AND QUEBEC LEAD IN BUTTER AND CHEESE PRODUCTION

According to a report from the Census and Statistics Office, the total number of creameries and cheese factories operating in Canada in 1916 was 3,446. Of these 2,983 were creameries, 1,813 cheese factories, 624 combined factories (cheese and butter), and 16 condensed-milk factories. The total number of patrons contributing to creameries and cheese factories in 1916 was 221,192. The deliveries of milk amounted to 2,400,542,987 pounds, and the deliveries of cream to 147,620,636 pounds.

The two chief dairying provinces of the Dominion are Ontario and Quebec, the former producing more cheese than butter and the latter more butter than cheese. These two provinces together produced about 70 per cent of the total creamery butter and about 98 per cent of the total factory cheese. In Ontario the establishments in 1916 numbered 1,165 and the patrons numbered 87,325, while in Quebec the establishments numbered 1,818 and the patrons 79,145. The average number of patrons per establishment was 75 in Ontario and 40 in Quebec.

The total production of creamery butter in Canada in 1916 was 82,564,130 pounds, valued at \$26,965,357, as compared with a production in 1915 of 82,824,176 pounds, valued at \$24,968,636.

The average price per pound of creamery butter for all Canada was 33 cents in 1916, as compared with 30 cents in 1915.

USING THE POTATO CROP

SOME novel ways of cooking potatoes will be found among the recipes given below. These recipes appeared in *The Girl's Own Paper*, an English publication which is eminently practical. The necessity of substituting potatoes for flour is not so great in Canada as it is in England, but it is nevertheless a patriotic duty to use home-grown products as much as possible and thereby save useless transportation. This year most New Brunswick households possessed a potato patch, and the following ways of using the crop from that patch are new and at the same time appear appetizing and attractive.

Potato Buns: Peel and boil half a pound of mealy potatoes, mash them while hot, then mix in three quarters of a pound of shortening, add two level teaspoons of baking powder, a pinch of salt, three ounces of sugar, four ounces of raisins or currants, two ounces of candied peel, and about one and a half cups of milk; stir into a soft dough which will stick to the hands. Roll out on a floured board to the thickness of half an inch, cut into rounds, brush them over with sweetened milk to glaze, and bake in a moderate oven about half an hour.

Potato Griddle Scones: Potatoes left from dinner will make nice scones for tea. To every pound allow half a pound of flour. Mash the potatoes mix well with the flour, add a teaspoonful of salt, and knead into a dry paste. A little milk may be required to moisten, but sometimes the potatoes have sufficient moisture themselves. Roll out on a floured board to the thickness of a quarter of an inch, cut in rounds and bake on a griddle over a brisk fire, turning when the underside is browned. Serve hot and spread with butter.

Potato Cake: Bake three or four mealy potatoes until soft, scoop out the insides, which should weigh about half a pound. Lay the potato pulp out thinly on plates or dishes, to make it floury, if left till the following day it will be all the better. Mix with it a quarter of a pound of flour and a teaspoonful of baking powder. Cream together a quarter of a pound each of butter and sugar, and stir in two well beaten eggs; mix with the dry ingredients and stir well. Bake the cake in a pan lined with greased paper, for half an hour or forty minutes. It is best eaten while quite new.

Potato Lemon Pudding: Rub one pound of boiled potatoes through a sieve when hot, add two ounces of melted shortening; let it cool. Break two eggs, separating the whites and yolks, mix with the yolks the grated rind of one and the juice of two lemons, and two large teaspoonsful of sugar and beat well together. Add this to the potatoes, and lastly whisk the whites of the eggs to a stiff froth and stir in lightly. Turn into a buttered pudding dish and bake forty minutes. Or the mixture may be put into cups and steamed for half an hour. Either way it makes a deliciously light pudding requiring no sauce, although sauce may be used if desired.

When steamed, raspberry vinegar goes well with the pudding.

Potatoes and Jam Sauce: Boil and mash two pounds of potatoes, mix with them a small quantity of butter, a tablespoonful of sugar, and the yolk of an egg. Shape into a long roll, brush over with the white of the egg and roll in bread crumbs. Bake about twenty minutes. Serve hot with jam sauce. To make the jam sauce, put four tablespoonfuls of any kind of red jam in a saucepan with half a pint of water and a teaspoonful of corn starch mixed with water. Boil together for two minutes, then add a teaspoonful of lemon juice or a few drops of lemon flavoring.

Hot Potato Sandwiches: Boil three pounds of potatoes, mash them with an ounce of butter, a little pepper, salt, and small beaten egg. Spread the mixture on a dish and leave to cool and stiffen. Mince and season about half a pound of cold leftover meat. Cut the potato paste in rounds the size of the top of a teacup and half an inch thick and spread the minced meat between two of the rounds and bake for ten minutes. This is a very good breakfast or supper dish.

Savoury Potatoes: To half a pound of lean salt pork or ham put two pounds of raw potatoes. Peel and cut the potatoes in thin slices, and place them in a deep dish in alternate layers with the pork. A little pepper should be added but no salt. Commence with a layer of ham, and have potatoes on top, a little melted fat poured on the top will help the potatoes to brown and crisp. Fill up the dish with cold milk and bake about an hour.

Potato and Sausage Pudding: Three quarters of a pound of sausage meat to two pounds of potatoes will make a pudding large enough for five or six people. Peel and cut the potatoes in slices and arrange in layers with the sausage meat between, filling up the dish with water. Bake at first with the dish covered, then uncover for the top to brown during the last ten minutes. A few pieces of fat on the top will improve the pudding.

Stuffed Potatoes: Bake large round potatoes allowing one to each person; they should be cooked in rather a hot oven, so that the skins will be hard. Cut a slice from the tops, scoop out the potato without breaking the skin, and mash with a teaspoonful of grated cheese to each

potato, some seasoning, a bit of butter, and flavoring of anchovy sauce. Also, if liked, a teaspoonful of chopped parsley. Fill the potato skins with the mixture, tie the slice which was removed, on the top again and bake for ten minutes. Serve for lunch or supper.

Creamed New Potatoes: Scrape small new potatoes or if not very small cut them in two or three pieces. Put an ounce of butter in a saucepan, when it is melted stir in half an ounce of corn starch, add half a pint of milk and bring to the boiling point, then put in the potatoes which should weigh about one pound. Simmer for a quarter of an hour, or until the potatoes are tender, and serve hot on toast.

Saratoga Potatoes: Peel four large potatoes, then slice them as thin as note paper. This requires some practice. As they are cut place them in very cold water and let them remain for an hour. Dry thoroughly in a clean cloth and leave them in the cloth until required for cooking. Have a pan of deep fat, put the slices of potato in a frying basket a few at a time and lower the basket into the fat when a vapour rises to the surface. Fry to a pale golden brown, which will take only a minute or so, then turn out on a sheet of kitchen paper to drain, and keep them hot till all are fried. Dust them with salt as soon as they are done, and serve on a dish paper piled in a pyramid and garnished with parsley.

Potato Croquettes: Boil one and a half pounds of potatoes, mash them while hot, and stir in an ounce of butter with seasoning to taste. When cool add a beaten egg and then stir over a gentle heat till the mixture binds. Spread it out on a dish and when quite cold and stiff, shape it into balls. Roll the balls in egg and bread crumbs, and fry in deep fat until brown. Drain on paper, and serve garnished with parsley.

THE BACON TRADE

There is no foundation whatever for the report that exports of Canadian bacon to Great Britain are to be suspended. What has happened is merely that the British Food Controller, Lord Rhondda will permit no importations without specially granted licenses. The British Food Ministry established on Sept. 3 a single Government buying agency in the United States for the purchase of Canadianized American bacon, butter, ham, and lard. From that date no purchases will be made except through this official channel. Shipments of bacon, therefore, will continue; but it will now be possible for the British authorities to keep properly and continuously informed as to quantities received, quantities in transit, and quantities consumed. Great Britain and our Allies still require at least 25 per cent of our output.

A glance at the following figures will show what Canada has already done: Canadian exports of bacon to the United Kingdom, France and Italy, in pounds, (Fiscal years ending March 31)

1913-36,022,597	1914-23,620,861
1915-27,941,289	1916-144,228,051
1917-207,284,673	

Canada was slow in building up her bacon export trade in the British market. It was not until the bacon hog was bred instead of the fat hog that a grip on the trade was secured. During the three years of war Canadian bacon has to a very large extent indeed replaced the high grade Danish bacon, formerly the chief source of Great Britain's external supply. If this trade is to be held, it is imperative that the greatest care be taken to preserve the true bacon breed and to provide for a constant and regular supply.

The Canadian farmer is gradually recognizing that the bacon hog costs no more to raise than the fat hog. In fact, the advantage, if any, lies with the former. Added to this is the consideration that there is no possibility of competing with the United States in the export trade in fat bacon. Cheap feeding in the United States corn belt puts competition out of the question. On the other hand, the United States does not produce the bacon hog for export. Cheap and abundant corn crops induce the almost exclusive breeding of the fat hog.

"Wiltshire" sides, the distinctive product of the bacon hog, are derived not from any particular breed, but from a well-marked type of many breeds; a long, moderately thick type.

If the grade and output of Canadian "Wiltshire Sides" be kept up, Canada will have an excellent chance of securing the lion's share of Great Britain's bacon trade. Thus the more bacon saved and shipped overseas, now, the firmer will be Canada's grip on a business totalling over \$40,000,000 per year.

BED-ROCK PRICES

"Bernard M. Baruch will keep prices down," said a constituent. "Rich as he is, he never consents to be done without a protest."

"Once a hotel man tried to do Mr. Baruch on his bill. Mr. Baruch studied the bill over grimly. Then, putting it in his pocket, he said:

"Get any two-cent stamps?"

"Certainly, Mr. Baruch. How many would you like?"

"Humph," said Mr. Baruch. "How much are they apiece?"

"The millionaire's bills after that were always reasonable."—*Philadelphia Bulletin.*

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