

USE CARROTS MORE FREELY.

Carrots are an excellent food. Weight for weight they come third in nourishing value on the list of root vegetables, potatoes and parsnips being first and second. As they are rich in sugar, they can be used as a basis for puddings and preserves as well as with meat. In food value they compare favourably with many other foodstuffs.

3 lb. carrots=	{	6 lb. tomatoes.
		2 lb. potatoes.
		1 lb. veal.
		1 lb. chicken.
		1 lb. cod.
		$\frac{1}{2}$ lb. bread.
		7 or 8 eggs.

In boiling carrots much of the nourishment goes into the water, therefore it is important not to throw this water away, but to use it as stock for soup.

RENNET FOR CHEESE INDUSTRY.

As the result of representations by the Canada Food Board, the British Ministry of Food has cabled permission to the British Charge d'Affaires at Copenhagen, Denmark, to issue a special permit for the shipment to Canada of 10,000 gallons of rennet, by Richard Eilerson, a well-known manufacturer.

ALBERTA'S WOOL CLIP.

The wool clip in Alberta increased from 500,000 pounds in 1914 to 2,086,000 pounds in 1917, with an advance in price from 16 cents to 57 cents per pound. This year Alberta expects to lead all the provinces in the volume of this product.

SOLDIERS' WIVES PLEDGED.

The Westmount Soldiers' Wives League have assured the Food Board that both as a body and individually they are pledged to conserve food, and in this way to help to win the war.

A Special Committee of the Vancouver City Council has been investigating the possibilities of pork raising, and has been instructed to report also on a proposal that goats should be imported from Texas and made available for purchase by the citizens at cost.

"We are not gardening now to make money, but to eat," states Mr. F. E. Buck, Assistant Dominion Horticulturist. "Now is the time to get on the cheering side, which is the production side," he adds.

NEWS NOTES OF INTEREST.

Lord Rhondda, speaking recently in London, said that the outlook with regard to bread was causing considerable anxiety. The Ministry of Food has prepared a rationing scheme which will be put in operation if necessary.

Eighteen pounds of bones will produce enough glycerine for an 18-pound shell. All households should save the bones.

The Central Ratepayers' Association of Vancouver has appointed a committee to collect data on the subject of cultivating sugar beets locally and having woman render them into sugar and syrup.

One fine of \$100 and costs has been imposed in Port Arthur for an infraction of the restaurant regulations and the Chief of Police will make frequent visits of inspection to ensure that the regulations are enforced.

Police Chief Watley of Hamilton, Ont., has seen that all proprietors of public eating places in that city are supplied with copies of the new regulations, and he is prepared to see that these regulations are enforced.

A restaurant keeper of Souris, Man., was fined \$100 for serving roast pork at noon on Sunday.

Dean E. A. Howes, Secretary of the Alberta Committee, telegraphs that four prosecutions for violation of the Anti-Waste and Hoarding Order and Eating House Order of the Canada Food Board, have taken place in that province, and that heavy fines have been imposed.

The C.P.R. is encouraging vegetable production throughout its system this year. Green houses are being furnished and expert instructors employed. Land is being given to employees and in many cases free fertilizer is being supplied.

Three lectures on gardening were recently delivered by Professor Bunting, of Macdonald College, under the auspices of the Educational Committee of the Young Women's Christian Association of Quebec city.

Excluding farmers' wives, there are almost 2,000,000 women in the United States who give their whole time to farm work.

The Legislature of New Brunswick has authorized an expenditure of \$50,000 to import sheep for the farmers of the province, the amount to be repaid from the sale of the sheep.