

# SAVE FOOD

In a time needing food economy many people are not getting all the nourishment they might from their food. It is not how much you eat, but much you assimilate, that does you good.

The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

## SOME ORIGINAL RECIPES

### CHEESE RELISH

- 1 cup grated cheese
- pinch of mustard
- 2 dessertspoons granulated corn meal
- 1 cup boiling water
- salt (if desired)

Put the cheese and mustard in a bowl and stand it on a warm, but not hot, place on the stove. Put the corn meal in a granite dish and pour over it the boiling water. Boil for five minutes or a little longer, and if it gets too thick add a little more boiling water. Combine the two mixtures and pour over toasted bread. It is not necessary to butter the toast.

### LARD SUBSTITUTE

Beef suet, if tried out, yields dripping equally good as lard for making biscuit, bread, cakes, and even crumbly gingerbread. To use the dripping warm it until soft and rub it into the flour.

### CORNMEAL COCOANUT PUDDING

- 1 quart milk
- 2 tablespoons minute tapioca
- 2 tablespoons cocoanut (grated)
- 2 tablespoons cornmeal
- 1/2 cup molasses
- 1/2 cup brown sugar
- salt

Place all the ingredients in a baking dish and bake in a moderate oven for two and a half hours, stirring the mixture occasionally.

### GRAHAM COOKIES

- 1 cup shortening
- 1 cup brown sugar
- 1 cup of raisins
- 1 cup graham flour
- 1 cup sour milk
- 1 teaspoon soda
- 1/2 a nutmeg
- flour enough to roll out

Cream the shortening and sugar together. Stir in the sour milk, and then add the graham flour, raisins, nutmeg, and the white flour with the soda sifted together. Roll out to about a quarter of an inch in thickness. Bake in a moderate oven.

### SAVORY RICE

- 1 cup rice
- 1 pint good stock, gravy, or meat jelly
- 1 tablespoon Worcester sauce
- 1 onion chopped fine
- 1 tablespoon butter
- 1 teaspoonful fat
- Pepper, salt, and cayenne to taste.

Cook together in a double boiler for about 2 hours, or until all liquor is absorbed. Serve separately as supper dish; or with meat as a vegetable.

### NEWSPAPER WAIFS

"I thought Brown was going to enlist?" "He was—but his wife left him!"—*Judge*.

Friend—"Have you got a good lawyer?" Prisoner—"The very best! Honest, Bill, he orter been a burglar!"—*Life*.

Editor—"This isn't poetry; it's pure rubbish." Poet—"So glad you find it suitable for your magazine."—*Boston Transcript*.

"I can't understand why they call this a pleasure car." "Why not?" "The blame thing has given me nothing but trouble."—*Detroit Free Press*.

"Why don't you succeed as a novelist?" "I haven't an idea." "In that case you might do well writing librettos for musical comedies."—*Louisville Courier-Journal*.

"Pop, what's an exigency?" "An exigency, my son? An exigency? Oh—an exigency is one of those theatre exits with a red light over 'em."—*Baltimore American*.

## "THE FOOD CONTROLLER SAYS"

During the next four or five months food conservation on this Continent and among their own people must be almost the sole hope of the Allied nations in Europe and of friendly neutrals. No effort that can be made by the people of North America can add any considerable amount of new food to the available supplies before next fall. Stocks are dangerously depleted, particularly in the case of cereals and meats. The problem is to "stretch" these supplies over the interval until this year's crops are harvested. While preparing for increased production, we must also do our utmost to help our Allies over the next few months when starvation will be threatening them dangerously.

### MUST GUARD ARMY SUPPLIES

Official information, much of it confidential, received during the past few days emphasizes the scarcity of supplies of cereals and meats and the necessity of avoiding at all costs encroachment upon the supplies for the armies. In Great Britain, in France, in Italy, the people are alive to the situation. They know something of what the next few months will mean. Their spirit was expressed by Lord Charles Beresford the other day when he said "We are tightening our belts and we are going to win."

A recent cable from London stated that the present meat ration in Great Britain is not more than one-half of the amount to which the people have been accustomed. Accompanied as this is by the restrictions on the consumption of bread it cannot but entail physical loss and privation. Canadians too, must tighten their belts and help the Allies to win. Use should be made on this Continent of every available substitute for wheat, beef and pork. Upon our food service depends the very lives of thousands of women and children in the Allied countries.

## CODFISH HAS SHOWN SMALLEST ADVANCE

Ottawa, Feb. 28.—Reports which have been received by the fish commission of the Canada food board from representative wholesale distributors show that the average price of codfish in Canada is only 2-5 of 1 cent per pound higher to-day than it was in January, 1916, an advance of only 62 per cent in the past two years. This advance had been less than the increase in the price of almost any other food product, and in food value codfish is to-day one of the cheapest products obtainable.

This fish may be purchased in Canada from 10 to 12 cents per pound, he added, depending upon locality and transportation facilities. In comparison it is interesting to note that in Great Britain, Lord Rhondda has found it necessary to fix a maximum retail price of 39 cents per pound, headed for cod and haddock. Two hundred million pounds of codfish were caught by Canadian fishermen last year, of which only five per cent were consumed at home. The balance of this great catch was exported to Europe, South America, and other overseas points.

"What did your son take at college this year?" "Oh, some medals and the mumps."—*Baltimore American*.

"Do you believe in heredity?" "Yes," said the school teacher. "There's a little boy in my class who has to return home every day for his books, pencils and pens. His father's a plumber."—*Buffalo Express*.

## MESSAGE TO ALL CANADIAN WOMEN

Ottawa, March 4.—The following, in the form of a message to the women of Canada, was issued to-night:

"The conference of women summoned by the war committee of the cabinet desires to pass on to all Canadian women the deepest sense of unity and responsibility which emerged during the meeting. As women assembled from all the provinces of the Dominion, our first action was to send a message of sympathy and hope to the Canadian forces overseas to whose welfare and encouragement our deliberations were directed. The conference demonstrated the willingness of the women of Canada to share their fight for freedom and justice by taking up the tasks which our men must leave when called to service.

"The advantage of discussing subjects of immediate national importance with members of the government has given us a keener realization of the gravity of present war conditions and the necessity of single-minded efforts towards winning the war. We are convinced that, as women, we can best serve the state at this time by simplicity of life and by concentrating energy on increased production and on thrift in all our ways, in order to meet the demands for food and money made upon us by the Motherland and our Allies.

"Inspired by the bravery of our men and by the fortitude of the women in the war-stricken countries, let us stand together and work steadfastly for victory."

## GRAIN REACHES ENGLAND

Ottawa, March 1.—With the arrival Feb. 16, after a voyage of 92 days, of the steamer *War Viceroy*, in London, England, with a cargo of 100,000 bushels of wheat from Vancouver, via the Panama Canal, the first stage has been completed in an experiment which may have far-reaching benefits for western Canada.

So as to take every possible precaution that full data should be obtained as to the condition in which the grain was shipped and received, an officer was sent on the voyage from the grain laboratory of the trade department. Electric thermometers were installed in the steamship. The grain was sampled at Calgary, and placed under laboratory supervision when removed from the elevator to the cars. Samples were again taken at Vancouver as the boat was loading.

## DRAFTEES MUST GET CONSENT TO JOIN R. F. C.

Men called up under the Military Service Act will no longer have the option, hitherto extended to all draftees, of enrolling in the Royal Flying Corps before joining the battalion to which they have been allocated. This is the interpretation given at the Recruiting Headquarters of the R. F. C. to an order recently issued by the Militia Department, which says that in future all draftees must report for service to the Depot Battalion.

Such men, however, will still be eligible for the Air Service. After reporting to his Depot Battalion, the draftee may, if he is anxious to train for an aviator in the Royal Flying Corps, apply for discharge to his Commanding Officer, upon whose consent he may re-enlist in the R. F. C.

Just what effect this new regulation will have upon the number of recruits applying to the Flying Service, it is difficult to say. At the present time, despite the fact that all cadets enroll voluntarily, the training school in Toronto is kept filled to capacity and there are many young men waiting to get started. The new procedure undoubtedly puts added difficulties in the way of aspirants, but at the same time it is anticipated that the Commanding Officer's consent will in most cases where men pass the essential qualifications be given readily, while the fascination and novelty of the aviator's work should be sufficient incentive to most men to make the extra effort called for by the new regulation.

## LETTERS FOR ENEMY TERRITORY

Post Office Department, Canada, Ottawa, February 20th, 1918.

It has been found that the charge previously stipulated (25c) for the forwarding of correspondence from Canada to enemy and enemy occupied territory through the medium of Thos. Cook & Son, Montreal, does not cover the costs of such transmissions, and in future the charge for forwarding such correspondence will be 35c per letter.

This amount is to be remitted by means of a Postal Note, together with the letter which is to be forwarded, to Thos. Cook & Son, 530 St. Catherine Street West, Montreal, in accordance with the instructions which may be obtained on application from Thos. Cook & Son.

All inquiries on this subject are to be made to Thos. Cook & Son, 530 St. Catherine Street West, Montreal, who will furnish a copy of the regulations to be observed in sending such correspondence. When writing Thos. Cook & Son a stamped addressed envelope must be enclosed if a reply is desired.

Too much attention cannot be paid to the regulations governing this correspondence, as any item which contravenes these regulations in any way will not be transmitted.

R. M. COULTER, Deputy Postmaster General.

## JUST ONE TASTE AND THE HERRING SELL

The first sale of food commodities by the city of New York directly to the public at a greatly reduced price took place to-day under circumstances the opposite of spectacular, when a wrinkled old Russian Jew stopped at the open market under the Williamsburg Bridge, picked up a salted fish exposed at a stall with the poster, "Green Bay salt herring, direct from Newfoundland to you, ten cents a pound," and suspiciously—because the price under the familiar system of the retailers should have been twenty cents—broke off a piece, and tasted it. The city's new venture was a success from the moment the old Hebrew raised his beaming face and said: "It's the best herring I've had since leaving Russia."

This special herring had come out of the first barrel of the first lot of barrels that Jonathan C. Day, Commissioner of Public Markets, had scattered through the city at all the public markets, direct from the hold of the schooner *Elizabeth Howard*, lying at the foot of Stanton Street, after her trip from Newfoundland with 440,000 pounds of fish. Distribution was delayed this morning by difficulties of transportation, but the herring was on hand this afternoon at the Labor Temple, 14th Street and Second Avenue, and the markets under the Manhattan, Queensboro, Williamsburg, and Third Avenue Bridges. Before it was carted it was examined by representatives of the Board of Health and herring experts under Commissioner Day, who declared that the fish, if offered to the regular fish trade, would sell at \$32 a barrel wholesale, or \$10 more than the price at which the public is to get it.

Thomas F. Byrd, who represents the Department of Public Markets, was on hand to see that the salesmen selected by the Department were at their posts and were displaying their signs. The first sale at the Williamsburg Bridge was managed by a Jewish fish-store volunteer from Harlem, who was on the job and knew his customers, if not the locality he was working in.

If Commissioner Day did not choose the precise hour, he struck upon the right season, for there is an undoubted shortage of herring in the city, according to Mr. Byrd. A large cargo of herring for New York was lost on the *Red Cross liner, Florida*, he said. The herring from the *Elizabeth Howard* was bound to sell, he said, and even at the reduced price will assure a surplus over the cost of purchase sufficient to pay for cartage, handling and sale, while saving to the consumers \$50,000 on this one cargo alone.

The Russian Jew who broke off a piece of the first herring was not slow in detecting that this was a special brand. Green Bay herring are classed in the New York market as the highest grade of herring found in North America, and this cargo was "salted down" on the schooner in strict Newfoundland fashion. The brine has pickled them and yet kept them soft, so that they can be eaten raw or soaked in fresh water and afterwards boiled. The method of the East Side Jew, however, is different from both of these ways; he pickles them again at home in a solution of vinegar and spices. All this the Harlem salesman knew, and was willing to divulge.—*New York Evening Post*, Feb. 27.

## "FISH FOR SALE" IN MARKET SLIP, ST. JOHN

Streams of men and women carrying fish in baskets, or paper, or hauling them away on hand carts and sleds from a weir boat moored at the South Wharf, present a novel spectacle to-day and recalled to citizens a scene familiar enough years ago, but presenting an air of novelty to the younger generation.

The vessel, Schooner *Josie W.*, owned by L. C. Watt and commanded by Capt. Alfred Stanley, reached port from Grand Manan on Wednesday, bringing a cargo of thousands of frozen fresh herring, and soon after a sign was displayed announcing "Fish for sale." Early buyers communicated the news to friends and neighbours, and people came to the vessel from different parts of the city. The herrings sold at \$1.00-\$2.00 per hundred, or 25c per dozen. To-day a great part of the cargo had been disposed of.

Captain Stanley stated this morning that a school of herring had struck Grand Manan a few weeks ago, a particular thing at this time of the year, and this accounted for the unusual trip of the craft. A certain amount of herring in past years had been shipped here in steamers, but some brought in small boats. A local fish dealer, speaking of the occurrence, said that years ago the practice of peddling herring from boats was common enough, but that for five years no fish had been disposed of in that way.—*St. John Globe*, March 1.

"Borrowing from Peter to pay Paul is bad business," said Mr. Dubwaite. "So it is," replied the impetuous citizen. "In my case I find it exceptionally bad business." "Why should it be worse for you than for you than for anybody else?" "I have the dickens of a time finding Peter."—*Birmingham Age-Herald*.

She—"Do you think it possible for a man to love two women at once?" Young Soldier—"Yes, twenty at once, if they were all like you."—*Judge*.

## STEFANSSON SENDS WORD FROM ARCTIC

Toronto, March 1.—The *Globe* received this morning the following message direct from explorer Vilhjalmar Stefansson:—"Herschel Island, Jan. 31, 1918, via Dawson, Y. T., Feb. 28, 1918—"

"Have been planning this winter to start with ten or more sleds north from Cross Island, Alaska. We have supposed that there is a westerly current and if this should prove so, we plan to make an 800 mile or more circle to Wrangel Island or the Siberian coast.

"In case conditions differ from what is expected, a winter may have to be spent on the ice. The work of preparation for this trip has been carried on all winter most efficiently by Mr. Storkerson.

"V. STEFANSSON."

## STEFANSSON ILL

Dawson, Y. T., March 1.—Captain K. M. Tupper, who arrived from the Arctic coast yesterday with the royal north-west mounted police expedition, left Herschel Island, January 12. He met Stefansson there. Stefansson was en route outside last fall on the whaler *Polar Bear* when that ship went ashore at Barter Island and he could not get off in time to reach Behring Sea during the season.

When Captain Tupper left Stefansson was sick with a severe cold and fever. After Tupper arrived at Fort McPherson a letter was received stating that Stefansson was still sick at Herschel Island and his pulse was fifty-five above normal, and that the explorer was delirious. Tupper said the explorer's health is far from good.

Notwithstanding poor health Stefansson decided getting back to Herschel Island last fall from the stranded *Polar Bear* to make a new exploration trip this year into the Arctic ocean to study the currents and possibly to look for new land.

His intended route follows the Karikuk drift northward of Siberia. He plans travelling all the way from Herschel Island with dog teams and to cross the ice starting this month and get as far northward and westward as he can before the summer breaks it up.

He bought all the dogs in the neighbourhood to transport his supplies. He intended to take ten dog teams and about fifteen natives, and Storkerson for his first assistant. It is understood that Stefansson has carte blanche from the Canadian government for buying his supplies at Arctic posts.

## CASE WOUND UP

Tupper brings word that news was received at Fort Norman by an Indian runner from the Hudson Bay region as saying that Captain French, in charge of the mounted police party, searching for the alleged murderers of Explorers, Street and Radford, had succeeded in winding up the case. Details were not given and it is not known here whether the guilty parties were brought to justice.

## ISAAC BAINBRIDGE FREED

Toronto, March 2.—The Appellate Division yesterday afternoon gave judgment for the discharge of Isaac Bainbridge who was convicted by Mr. Justice Hodgins on a charge of publishing seditious libel. The pamphlets upon which the charge was based were "The Price We Pay" and the issue of *Canada Forward* for October 10, 1917. He was found guilty by the jury with a strong recommendation to mercy.

The judgement given this afternoon holds that the amendment of the demurrer to the indictment should have been allowed and the motion to quash the indictment should also have been allowed. The amendment to the indictment, it is held, should not have been allowed without the privy of the Grand Jury.

In answer to the question "Was there any impropriety or defect in the proceedings at the trial in relation to any of the matters referred to, so as to entitle the accused to be discharged notwithstanding the verdict of the jury?" the Court says, "Yes. The accused was tried upon seven libels, and is convicted upon two, when the grand jury had only found a bill upon one which is not known to be either of the two."

## PARLIAMENT TO MEET ON MARCH 18

Ottawa, Mar. 5.—Parliament is called for Monday eleven a. m., Mar. 18. This is the first time since confederation that parliament has been called to meet for a Monday. When a new speaker has to be elected it has been customary to summon parliament for a Wednesday; otherwise the day has been Thursday.

The change has been made to push forward the work of the session as rapidly as possible. The plan of the government is to elect the speaker in the morning and in the afternoon to have the customary ceremonial opening with the speech from the throne. The debate on the address in reply to the speech can then be proceeded with on Tuesday and practically a full week's work completed by the end of the week. It is understood that the estimates will be tabled as soon as the debate on the address is concluded.

Hon. E. N. Rhodes, ex-Speaker of the House, whose re-election has been assured by the overseas vote, will be chosen Speaker when the House meets. It is not anticipated that there will be any objection to his re-nomination for the post on the part of the Opposition. A Deputy Speaker to succeed Mr. Rainville, who was defeated, will be named after the conclusion of the debate on the address. Hon. Mr. Severyn, Minister of Inland Revenue, whose resignation, it has been announced, is in the hands of the government, arrived in the capital from Quebec this morning. It can be stated that Mr. Severyn is still a minister, his resignation not having yet been accepted. The matter of cabinet re-organization necessitated by the defeat of Mr. Severyn and Hon. P. E. Blondin will, it is stated, engage the immediate attention of the Prime Minister, and a definite announcement may be made before Parliament meets.

## GOOD IN EVIL

A very interesting sidelight upon the question of war and crime is contained in a contribution to the *London Daily Mail* by Mr. Edwin Pugh, in which he refers to a recent official announcement that 7,000 out of 15,000 convicts and misdemeanants in the British Isles had been allowed to volunteer for military service. Out of the number 530 had been killed in action, 49 had died of wounds, 13 had died of sickness and 1,520 had been wounded. But the point of greatest significance is this: Three had received the V. C., 25 had been recommended for the D. M. C., 20 had been mentioned in dispatches, and eight had been given commissions. To so great an extent, therefore, the war may be regarded as a redemptive factor in the realm of criminology.

Agnes—"Why don't you learn to punctuate?" Edith—"The idea! Why, I put more commas and dashes in what I write than anyone else I know of."—*Boston Transcript*.

## MEN AND WOMEN TO EARN MORE MONEY

The most powerful single influence in greater production, and consequently in greater earning power, is the energy of the worker.

To work his or her best, the worker must be in possession of perfect health. So many who start the day's work with full vigor, tire as the day's work goes on and are foped to make frequent stops to relieve an aching back.

This backache is not due to the work, but to defective kidney action, and will disappear if treatment with Gin Pills is resorted to.

We have a number of testimonials on file from men who have had to give up work on account of backache, rheumatism, and the various ills that follow poor kidney action. Gin Pills enabled these people to resume steady work again, with the vigor of youth and all the happiness of untroubled activity.

We will gladly send a free trial of Gin Pills to all who feel the need of this tested remedy, or we urge you to buy from your dealer on the strict understanding that your money will be returned by us if Gin Pills fail to benefit your particular case, accepting your word on this matter. Gin Pills are 50c. a box or 6 boxes for \$2.50. Write for sample to National Drug & Chemical Co. of Canada, Limited, Toronto, or to the U.S. address, Na-Dru-Co. Inc., 292 Main St., Buffalo, N. Y.