

WHY IS SUGAR SUPPLY SO TIGHT? A CRIPPLE FOR THREE YEARS

12,000,000
Cups of Tea, Coffee & Cocoa
are used in
Canada Daily.



would mean
240,000 Pounds of Sugar used Daily

26,000 Tons of Sugar were lost in
the recent submarine raids on the
Atlantic Coast. This Sugar would have
served Canada's table need for
8 months.

Here Are Some Pointers Which Give You An Idea How It
Is That Your Restaurant Sugar Supply Has Dwindled
and Your Grocer Is Stingy With the Precious
Crystals.

Why the Urgent Necessity to Con-
serve Sugar?

To meet the Allied shortage.

To release ships formerly used in
the sugar trade to carry soldiers and
supplies to Europe.

To make up for the loss of beet
sugar lands, and factories captured or
destroyed by the Germans in North
France and Italy.

Shortage of crop. There is a 300-
000-ton shortage in Cuba and a con-
siderable falling off of cane produc-
tion in the South.

Shipping which would have ensured
greater supplies has been sunk. Twenty-
six thousand tons of sugar were
lost recently in submarine raids on
the Atlantic coast. Fifty thousand tons
of sugar-carrying shipping were trans-
ferred to meet the requirements of
Belgian relief.

Will There Be Enough to Go Around?

"Yes," says Mr. Henry B. Thomson,
Chairman of the Canada Food Board,
provided due care is exercised in the
meantime.

Twelve million cups of tea, coffee
and cocoa are used daily in Canada.
Even an average of half a teaspoon-
ful of sugar is left undissolved at the
bottom of each cup, the waste would
be 120,000 pounds of sugar daily.

It is estimated that about one-third
of all the sugar consumed in the home
is used in tea and coffee. By doing
without any in tea and coffee, or by
keeping strictly to one level teaspoon-
ful, a tremendous saving can be effected.

Then—And Now?

Normal consumption of sugar on the
North American continent is 30 pounds
per annum per capita, or about 1.34
pounds per week.

In Britain the rate is now 26 pounds
per year per capita; in France 13.14
pounds, and in Italy less than 7.13
pounds.

The Canada Food Board is asking

the individual to keep to 1.12 pounds a
month. This is 18 pounds a year, for
personal consumption.

Where Did the Allies Formerly Get
Their Sugar?

France, Italy and the Low Countries
raised a good deal of their own. Eng-
land received more than one-half from
the Tonic Empire, while she im-
ported largely from Java and to a
small extent from the British West
Indies. Production in Italy and France
is only using about 5.12 per cent.
for the war.

What About the Candy Manufacturer?

Before he was regulated by the Cana-
da Food Board he used approximately
11 per cent. of the total quantity of
sugar imported into the country. His
supply has been cut in half, so that he
is only using about 5.12 per cent.
now.

What Other Sugar Regulations Are Be-
ing Enforced by the Food Board?

The sugar bowl has been banished
from the restaurant table.

Sugar icing for cakes is now taboo.
Candy must not be made in the home.

Householders can only have 15 days'
supply of sugar on hand.

Manufacturers and dealers handling
sugar are only allowed to have 45 days'
supply for their ordinary trade require-
ments.

Manufacturers of cakes and biscuits
have been limited to the proportion
of 40 pounds of sugar to 100 pounds of
flour.

The ice cream manufacturers have
been reduced from 12 pounds of sugar
for an 8-gallon can to 6 pounds of sugar.

Manufacturers of soft drinks and
kindred concoctions have been limited
to a maximum of 75 per cent. of the
average monthly amount of sugar used
during the year 1917.

Canners are only allowed an average

Helpless in Bed With Rheu-
matism Until He Took
"FRUIT-A-TIVES"



MR. ALEXANDER MUNRO

R. R. No. 1, Lorne, Ont.

"For over three years, I was con-
fined to bed with Rheumatism. Dur-
ing that time, I had treatment from
a number of doctors, and tried nearly
everything I saw advertised to cure
Rheumatism, without receiving any
benefit.

"Finally I decided to try 'Fruit-
a-tives.' Before I had used half a box,
I noticed an improvement; the pain
was not so severe, and the swelling
started to go down.

"I continued taking this fruit med-
icine, improving all the time, and
now I can walk about two miles and
do light chores about the place."

ALEXANDER MUNRO.

50c. a box, 6 for \$2.50, trial size 25c.

At all dealers or sent postpaid on
receipt of price by Fruit-a-tives
Limited, Ottawa.

of 25 pounds of sugar to 100 pounds
of prepared fruit. Based on last year's
pack, this order alone will effect a
saving of 784,865 pounds of sugar per
annum.

Bakers have been forbidden to use
granulated sugar in bread-making.

Public eating houses must have su-
gar certificates, which means keeping
check on them so that no more than
2 pounds of sugar can be used for 30
meals.

What is the Saving Effected as a Re-
sult of These Regulations?

It is estimated that the saving as a
result of the public eating house regu-
lations is in excess of 40 per cent.

The voluntary measures taken by
Canadian householders, together with
the Food Board's regulations, are re-
sulting in a sugar saving of over 100-
000 tons annually.

Are Householders to Consider Them-
selves on a Definite Sugar Ration?

Yes. They're in honor bound to con-
fine themselves to 1.12 pounds a
month and to accept their reduced rati-
on.

ROUNDING UP THE MILITARY "ABSENTEES"

Dominion Police Officers
Home After Month's
Searching of Restigouche
County.

After a month's sojourn in the for-
ests and wilds of Restigouche County
in search of military absentees and
defaulters, Dominion Police Officers
Fred Lucas, of St. John, and Officers
Fagan and Kline of Moncton have
arrived home from Campbellton where
they reported after assisting the Do-
minion Police Officers and military au-
thorities, in rounding up bands of de-
fauiters and absentees that sought the
security of the forests surrounding the
towns of Kedgewick and Anderson on
the International Railway, some dis-
tance between Campbellton and Ed-
mundston.

To get to the hiding place of the
military defaulters in hiding there,
the officers were obliged to go by
horseback, in many cases thirty and
forty miles from any town or settle-
ment. Much of the territory was made
up of a boggy nature and for
roads, a sort of trail had to suffice. At
the various lumber camps in that dis-
trict were hidden numbers of men
who had never reported to the auth-
orities in any shape or form. Others
had reported but later deserted from
camp and found their way into the
wilds of the forests where they
thought themselves safe from the pry-
ing eyes of any officer of the law.

The greatest difficulty encountered
by the officers in their work of trail-
ing and rounding up the men, was that
warning of their approach was in
most cases sent ahead to the next
camps. When they arrived not a man
would be in sight but those over the
age for military service. On one oc-
casion a defaulter was apprehended
at a certain camp and left there until
the return of the officers from a camp
further along. At the latter was a
large number of defaulters. No soon-
er had the officers got away from the
camp on their way to the hiding place
of the band they sought, than the de-
fauiters left behind started on his way
to warn the band of the approach of
the officers. Barefooted and without
even taking time to put his cap on,
the defaulter made his way fourteen
miles and gave warning of the com-
ing officers. When the latter got to
the place not a man was there. Some
time later, however, they came across
a camp where much cooking was go-
ing on. One of their number learned
by getting close to the cook and his
wife that the "grub" was for the band
of defaulters in hiding. Both the cook
and his wife were taken in custody
and threatened with arrest if they did
not warn the defaulters to come in
and surrender at once. The cook
agreed to do this and was allowed to
go on forward. The officers took good
care that he left the supply of provi-
sions behind, however. After patient-
ly waiting for some time, the band at
last put in their appearance. Each
man was armed but put up no fight.
All were handcuffed together, taken
along to the next camp where they
threw themselves on the beds and slept
like logs. In the morning the march
continued to the next camp and from
there to Campbellton where the default-
ers were handed over to the military
authorities.

Instances like the above were num-
erous but in all their search for evad-
ers of the military law, they were met
with no actual violence. A large num-
ber of men were sent to camp under
escort as a result of the work of the
officers. With the co-operation of the
French clergy a goodly number of de-
fauiters were also induced to come in
and give themselves up. In all up-
wards of sixty or seventy men were
sent in to Camp Sussex as a result of
the activities of the officers during a
period of three weeks or a month.

taurant sugar ration without com-
plaint.

Are They Supposed to Use Substitutes
For Sugar?

Yes. White corn syrup is on the
market in time and is an excellent and
satisfactory substitute in cooking.
Then there is glucose, maple sugar,
honey, maple syrup, fruit juices, etc.

Does the 1.12 Pound Ration For
Householders Include Sugar For
Canning?

No. A limited amount of sugar is
allowed for preserving fruits at home.

Why Does the Canada Food Board En-
courage Canning Despite the
Scarcity of Sugar?

Because perishable fruits would be
lost if not canned. If fruit is sterilized
and air excluded, sugar will not be
needed as a preservative, and enough
sugar can be added when the fruit is
eaten to make it palatable.

How Much Sugar Should Be Used in
Making Jams and Jellies?

Allow no more than three-fourths of
a pound of sweetening to each pound
of fruit. One-half pound is enough for
sweet fruits.

Can Sugar Substitutes Be Used in
Canning?

Yes. Corn syrup and other table
syrups, not made from granulated su-
gar, can be used along with sugar.

How Else May Fruits Be Saved With-
out the Use of Sugar?

Some fruits may be dried; others
may be stored in a cool cellar. Fruit
pulp may be evaporated to a paste,
thus concentrating the natural fruit
sugar.

What Are The General Sugar Saving
Rules?

Use all sugar sparingly and when-
ever possible use substitutes. Be spar-
ing in the use of confections and sweet
cakes. Saver off sugar in tea and
other beverages. Supplement sugar
with honey, maple syrup and corn
syrup. Sugar is a fuel-food. Get
fuel from potatoes and other starchy
foods rather than from sugar.

IMPRESSIVE FUNERAL SERVICES AT DEVON, N.B.

Fredericton, Sept. 26.—With service
beginning at 9 o'clock in St. Antho-
ny's Church, North Devon, the fun-
eral obsequies were performed over
the mortal remains of Mr. Peter Hu-
ch, aged 77 years, one of the most re-
spected citizens of this district. High
Mass of Requiem was celebrated by
the Rev. M. Murphy. Miss Catherine
Lynch of Fredericton, presided at the
organ. This was due to the fact that
the regular organist was among the
mourners, being the daughter of the
deceased.

Many well known people were pre-
sent, including His Honor Justice
Barry of the Supreme Court of New
Brunswick. The windows and char-
nels were draped in black, and this,
with the lighted tapers, gave a sol-
emn effect.

LARGE HONOR ROLL.

Rev. G. A. Kuhring, who last Sun-
day preached in Hamilton, Ont., ad-
dressed one congregation which has
given over seven hundred men to
armies of the Empire and they were
deeply interested in the message
which Mr. Kuhring had to give of
conditions on the firing line.

MARVEN'S WHITE LILY BISCUITS



SOLD IN BULK -- IN PACKAGES -- IN TIN PAILS

J. A. MARVEN, LTD.
BISCUIT MANUFACTURERS
MONCTON HALIFAX ST. JOHN

Canada Food Board License No. 5-928.

Furnace Management Ease of the Sunshine



Feeding the furnace;
—shaking down the ashes,
—removing the ashes,
—keeping the health-giving water pan filled,
—fixing the drafts for the night,
—those are the five major operations in
managing a furnace—and what a trial of the
temper and destruction of your raiment any
one of them may be.

If your furnace is the famous McClary Sunshine
these operations will cause you little more trouble or
effort than winding up the clock.

The feed door of the Sunshine is big—you don't hit
the side and damage your shovel and temper and
scatter coal and naughty words all over the basement.

You don't shake the Sunshine grates, you merely
rock them a few times,

—and the ashes drop from the perpendicular fire
box walls and grates and are guided into the big
ash pan,

—and you lift the ash pan out with handles that are
always cool.

—No shovelling of ashes—no ash-dust on your
clothes or in your hair or in the house.

And at night, without going down to the basement,
you drop the damper and open the check with pulls
that always work.

And the water pan is right above the fuel door—ver-
y accessible—in plain view, where you can't forget it.

Sunshine furnace management is not even exercise.

Engineering Service Free. McClary's own as-
sistants are at your service when you buy a Sunshine
Furnace, to give you free expert advice on your house
heating requirements. Write to the nearest McClary Branch, and ask for
particulars about this service. A booklet, "Comfort in the Home," makes clear
all the things you want to know about furnaces, and it is sent free on request.

McClary's Sunshine Furnace

London St. John, N.B. Toronto Calgary Montreal Hamilton Winnipeg Vancouver

Full information about the Sunshine Furnace will be sent free to any
address upon request to our nearest Branch office.

The Daily Tragedy of BELGIUM

May this country never know the bitter agony
Belgium passes through EVERY DAY.

May WE never live to see our people rationed
on a bowl of soup and two pieces of bread
a day.

Our children emaciated by slow starvation
and falling easy victims to consumption, rickets
and all the diseases fostered by mal-nutrition.

It's the little children that suffer most fearfully.
The daily ration provided by United States
loans to the Belgian Government is so pitifully
inadequate for a growing child; it no more than
momentarily stays the gnawing hunger.

There is hope for Belgium and her future generation only
if YOU and the thousands who in the past contributed so
generously to Belgian Relief, will help again. The brave
souls who are attempting to administer the needed help to
Belgium's children must have the necessary funds to carry on.

Mr. Hoover in his appeal of July 28th, 1918, for help for Belgium's children says, "This transmission of
money is absolutely safeguarded by virtue of an agreement between the belligerent Governments, the C.R.B.,
and the Neutral (Spanish and Dutch) protecting Ministers in Brussels."

Don't wait for someone to come and ask you for a
contribution. Send it in. Be generous. Be quick.

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act)

to your Local Committee, or to

Headquarters: 59 St. Peter St., Montreal.



GOOD HEALTH is as necessary to the winning of the war as good guns,
good shells and good airplanes.

And it is not alone the health of the
soldier that is important, for this is
watched and guarded as never before. But
there is the health of the people at home,
who are manufacturing and sending for-
ward the supplies which make it possible
to continue the fight.

Men and women have never in the
world's history carried such mental and
physical burdens as they do to-day.

From Ministers of State, Commis-
sioners, Manufacturers, all the way
through the enormous staffs of men and
women workers, there are problems to be
solved and schedules to be lived up to that
mean enormous anxiety and strain on the
nervous system.

It is under these conditions that many
resort to the use of narcotics to produce
sleep or stimulants to whip up the tired
nerves. In either case the temporary help
is obtained at an enormous expense to the
nervous system.

The only rational treatment is that
which goes to build up new nerve cells

and new nerve force, and supreme in this
class is Dr. Chase's Nerve Food.

Most people know about this food cure,
but all do not realize that it has revolution-
ized the treatment of diseases of the
nerves by the new idea of supplying to
the blood the elements which go to the
creation of nervous energy and vigor.

The most common indications of ner-
vous exhaustion are inability to sleep and
rest, failure of digestion and loss of ap-
petite, nervousness and irritability. You
arise tired in the mornings, and are easily
annoyed over little things. You put off
the duties of the day because you lack the
energy to take hold and clean them up.

It is evident that you must have help
to overcome this condition, and there is no-
thing so sure to befriend you as Dr.
Chase's Nerve Food.

For your protection the portrait and sig-
nature of A. W. Chase, M.D., the famous
Receipt Book author, are on every box of
the genuine Dr. Chase's Nerve Food. 50c
a box, 6 for \$2.75, all dealers, or Edman-
son, Bates & Co., Ltd., Toronto.