

as compared with only 49 pounds in the same month last year. The consumption of oatmeal was little changed, and, unfortunately, there was considerable increase in the amount of wheat-meal served.

Figures from Fredericton, N.B., are only approximate. They show a decrease of 15 per cent in the consumption of beef, 30 per cent in the consumption of ham, and about 10 per cent in the consumption of bacon. Use of cornmeal has increased.

From Halifax comes splendid reports of decreased consumption of white flour, beef, bacon, ham, pork, and an increased use of fish.

Figures from Ottawa indicate a reduction of more than 20 per cent in the consumption of beef and bacon, with an even larger reduction in the use of ham. An increase of well over 40 per cent in the consumption of fish is reported. Very much more oatmeal is being used than a year ago, and also more cornmeal.

Returns from Toronto show that the consumption of beef, in the public eating places from whom returns have been received, has been reduced to less than half. A saving in bacon is also reported, but perhaps the most remarkable feature of the returns is the curtailment in the use of white flour, amounting to more than 40 per cent. This average, of course, will not apply to all the eating places in Toronto, but it does show a tendency on the part of the hotel and restaurant proprietors to increase the use of substitutes for white bread. There has been an increase of about 15 per cent in the per capita consumption of fish. One establishment reports that its monthly consumption of cornmeal has been increased from 100 to 400 pounds. The consumption of oatmeal has more than doubled. Less meat of all kinds is being used, and more poultry and fish. Another establishment which served a large number of meals has more than doubled its use of fish, and is now using only one-ninth as much ham and one-fifth as much bacon as it did a year ago. Its consumption of beef has been reduced by one-third. Reports from other parts of Ontario are also extremely gratifying.

In Montreal, one large establishment reports its consumption of beef reduced from 5,486 pounds to 949 pounds. It is using only about one-quarter as much ham as it did a year ago. The consumption of poultry and game was increased by nearly 50 per cent as a substitute for meat.

Reports from Regina show the consumption of bacon almost cut in half, while a large saving has been effected in beef, ham, and white flour.

The following table indicates the situation in a number of cities:

Place.	Consumption per capita, per meal, in lbs.								Comparison of consumption Oct., 1917, with Oct., 1916, in percentages.			
	Flour.		Bacon.		Beef.		Fish.		White Flour.	Bacon	Beef.	Fish.
	October. 1917.	October. 1916.	October. 1917.	October. 1916.	October. 1917.	October. 1916.	October. 1917.	October. 1916.				
Calgary327	.324	.011	.024	.155	.257	.141	.115	104.94	45.83	60.31	122.60
Halifax084	.126	.008	.039	.147	.184	.170	.120	66.67	20.51	79.89	141.75
Montreal240	.295	.009	.021	.0275	.160	.085	.098	81.4	42.9	17.2	86.2
Ottawa117	.126	.010	.013	.080	.105	.085	.039	92.86	76.92	76.19	217.95
Quebec190	.190	.004	.019	.118	.186	.088	.016	100	18.95	63.28	83.02
Regina157	.179	.009	.017	.062	.106	.106	.078	87.71	52.94	58.50	135.90
Toronto112	.200	.010	.026	.101	.229	.118	.102	56	84.46	44.10	115.68
Winnipeg187	.245	.007	.014	.073	.158	.074	.066	76.32	50	46.20	112.12
Four Ontario Cities, not including Ottawa or Toronto	.147	.209	.009	.017	.075	.144	.101	.086	70.33	52.94	52.08	117.44
Average173	.210	.0086	.021	.093	.1699	.108	.080	81.80	49.49	55.31	125.85