

by the board or any person duly authorized on its behalf about any matter within its powers or duties, whether such inquiry is made verbally, in writing, by telegraph, or in any other way.

Any Elevator

"10.—In this order 'elevator' means and includes any terminal, country, private, public and hospital elevator and any elevator licensed by the Board of Grain Commissioners for Canada.

"11.—The boards, with the approval of the governor-in-council, may make any regulations it deems necessary for the purpose of fully and effectively carrying out the objects and provisions of these regulations, and in particular without limiting the generality of the foregoing, may make regulations.

"(a) For appointing representatives in different places in Canada for the purpose, from time to time, of making known in such localities the prices for grain fixed and other regulations or directions made by the board and for reporting to the board any violations or any order issued by the board or any regulations made hereunder, and generally for assisting the board in the effective discharge of its duties.

"(b) To authorize the engaging of clerks, employees and assistants and the paying of their salaries.

"(c) Creating offences and providing penalties in respect of violations of any order made by the board or of any regulation made hereunder."

Can the World Feed Itself?

Continued from Page 8

not be neglected, if we are to secure in 1918 and following years the largest possible exportable surplus with which to feed the Allies.

Elimination of Waste

Much can be done to increase the exportable surplus by the elimination of waste. The total amount of food wasted in a country like Canada is enormous. That total is made up of the aggregate of small wastes. In many towns, organizations have been formed for the purpose of educating the people in methods of preventing waste. People also need education regarding the amount of food necessary to maintain the body in a healthy condition. They require to be taught what quantities and kinds of food constitute a maintenance ration. It should, for example, be made common knowledge as to what would constitute a maintenance ration for a family of five. All that is saved from any form of waste would go to swell the exportable surplus which is so much needed to relieve the pressure of partial famine in Europe.

The Shifting of Consumption

The exportable surplus of wheat, beef and bacon and their products can be materially increased by shifting consumption from these products to corn meal, oatmeal, vegetables and other food materials which cannot be exported or are not so desirable for that purpose as wheat, beef and bacon. It is not generally known that when properly cooked one pound of oatmeal has a nutrient value equal to two dozen eggs or to one and three-quarter pounds of beef. One pound of beans contains food elements equal to one and one-half pounds of beef. Three pounds of potatoes and one pound of cheese are equivalent to three and one quarter pounds of beef. In the United States a great effort is being made to stimulate the consumption of corn with the object of saving wheat. A saving of almost 50 per cent. can be effected in the consumption of wheat products by a family without hardship. It is easier for us to make this shift in consumption than for the men at the front. Living under such an enormous strain as they are it would impair their fighting efficiency to make a radical change in their rations to food materials with which they are not familiar. We on whom the strain falls lightly in comparison can shift our consumption very largely. Here again the aggregation of a great number of small savings would amount to a very great total, and that total would go to swell the exportable surplus of these food products which are most desirable in feeding the splendid men who are opposing German op-



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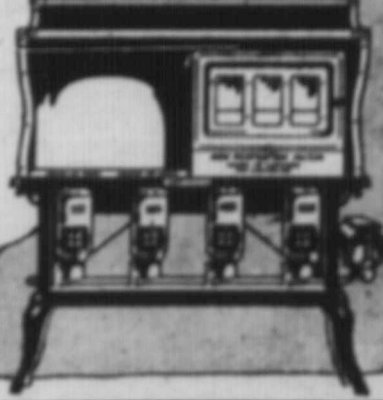
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