



Comrades in Service!

In years to come you will recall with Pride the day you signed the Food Service Pledge.

For it is your Dedication to War Service.

Your observance of it will cause you some of the Finer Emotions of Your Life.

You will gradually realize that though your own and your family's self-denial may be small—the mighty Legion of Canadian women pledged to equal service, will mean the difference between Victory and Disaster to our soldiers.

You cannot—you must not desert them.

It is not that *they want more* white bread, beef, or bacon than you—it is just that these foods are

less perishable and so more easily exported than others.

So, until Victory is ours, do these simple things.

When making bread, use one-third oatmeal, corn, barley or rye flour, with the white flour. Or tell your baker to bring some brown bread each day.

Substitute for beef and bacon, such foods as fish, peas, lentils, potatoes, nuts, bananas, etc.

Third, and this is very important—prevent the waste of any food in your home.

Be a Comrade. Dedicate yourself and your family to War Service. Sign the Food Service Pledge and display the window card.

Sign and Live Up to the Food Service Pledge.

Women's Auxiliary, Organization of Resources Committee,
in Co-operation with The Hon. W. J. Hanna, Food Controller.