

ance

HOTEL MENU IS REVOLUTIONIZED

Three Months of Meatless Tuesdays and Fridays Bring Big Changes

(Issued from the Food Controller's Office.)

The passing of three months of meatless and baconless Tuesdays and Fridays has brought a gradual revolution in the time-honored hotel menu of Canada. This is more marked in some hotels than in others, but the first class establishments, almost invariably, are those found keeping the regulations best.

The purpose of the Food Controller in laying restrictions on hotels and restaurants was to effect a saving in the three commodities most needed by the men at the front and by the Allied people—beef, bacon and wheat, and to awaken the public conscience to the need of the hour. As a result of these restrictions there has been a great saving in the use of beef, bacon and white flour. According to the declaration of hotel managers, however, the conscience of that portion of the public that forms their clientele is still not as sensitive as it should be to the demand for food conservation.

There are two distinct sides of the question. There is the man who goes to a hotel prepared to pay for a good meal and very sure that he is going to get it or know the reason why. On the other hand, "here is Monsieur le Chef who now himself between the devil and the deep sea. He has the Food Controller's regulations on one side; the public appetite on the other. It is up to him to conform with the first and to satisfy the last. He has to tax his ingenuity in the skillful use of substitutes that patrons may not miss those dishes to which habit has inured them. At the same time he may not use this and he must be sparing with that. So it goes. The chef is cheerful enough about it, in most cases. "Cost la guerre" with him.

But hotel patrons are not always so philosophical. The things they cannot have suddenly seem very desirable. Is it human nature or just plain selfishness? Ask the hotel manager and he will say that it is selfishness when it is not thoughtlessness.

It takes time to revolutionize our eating habits. The average man is more inclined to be economical in his own home than when he is paying for a hotel meal. As the manager of one Ottawa hotel put it: "The hotel is a public utility. We are here essentially and primarily to satisfy our patrons. We serve them. They pay us. It is our duty to meet their wishes. Educate them as to what they should eat and we will certainly fall in with whatever is asked of us. Seventy-five per cent of the people who come here pay \$1 upwards for their dinner and expect to get their money's worth. They like to see a long bill of fare and they invariably work their way through it irrespective of how much they eat of each course—which is naturally their privilege. We are trying to meet this by cutting down portions."

According to the manager of the Chateau Laurier, Ottawa, nothing goes to waste in this establishment where there are 300 employees to feed, in addition to the constant stream of guests. There is every kind of taste to cater to; all manner of men and women to be satisfied. The other day a prominent public man wanted to know why he could not have a steak at a certain time. "It's the law," was the reply. He evidently didn't like the law but he settled down to his dinner just the same. There is rarely any fuss about it. Nine-tenths of the people go through the menu without being aware that beef and bacon are absent on certain days. It is only when someone desires a steak and asks for it at



A MONTREAL JUDGE WHO GOT THREATS BY LETTER

Judge E. F. Marschal, who has been handling appeals of men called up under the military service act, and has letters threatening his life.

certain hour that he is pulled up short with a remembrance of the regulations. He usually accepts the dictum philosophically but, according to the hotel managers, it is as well that the steak is not there. If it were to be had—and if an appeal went along with it not to ask for it—ten chances to one he would have it anyway.

The manager of the Chateau is strongly in favor of strict adherence to the hours during which certain food-stuffs may be served. As he puts it: "It's the only way to keep tabs on people. If it were worked any other way you would have a man having bacon for breakfast at one place; then coming to us and ordering it again that same night."

But the man behind the menu is the chef and it is on his shoulders that responsibility for conservation, or the reverse largely rests. With fifteen cooks under his surveillance and at the head of the kitchen, he has a fair sized task. Born in France he is naturally interested in saving food for his compatriots. Some of the substitutes which he is using in diverse ways to take the place of beef and bacon are eggs, fish, fowl, poultry, venison and game in season. These perishable foods are being used in much greater quantities than they were before.

The saving in white flour he declares to be considerable. The use of pastry has been greatly reduced. Iced cakes are practically taboo. No bread is served for breakfast at the Chateau except rolls and corn muffins and at luncheon and dinner one roll and perhaps a couple of slices of brown bread. If people want more they ask for it. The bread that is sent away from the table, and that used to be wasted, is now used in frying veal cutlets and fish. "White flour is no longer being used to thicken soups and sauces—but cornstarch and arrowroot are taking its place. Cornmeal is being freely used. Where employees used to have canned vegetables they now get turnips, carrots, parsnips, beets, etc. Lamb mutton and veal figure largely on the menus at the Russell Hotel, Ottawa, on the beefless days. Co-operation on the part of the public would do more than anything else towards effecting a real saving, according to the manager of this hotel. He claims that people are inconsiderate in their insistence on an expensive menu, frequently eating only half of their portions.

OPERATORS FROZEN OUT.

By Courier Leased Wire. Chicago, Jan. 18.—When the Chicago Board of Trade opened today about 100 operators quit on account of cold and practically all outside trading was stopped. The traders worked in overcoats, caps and mittens. The temperature was 45. Building officers announced that the heat would be increased soon.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of Dr. J. C. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Purgative, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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MISSSES' AND SMALL WOMAN'S DRESS.

By Anabel Worthington.



Everything is showing the Russian influence this season, and as it is very picturesque it is particularly appropriate for the young girl who can adapt herself to any type of dress. No. 8552 is an illustration of what the simplest Russian style can do. The dress hangs straight from shoulder to hem in front and back, and the Russian closing is from the left shoulder. There is a dart to fit the shoulder on the right side. High collars are to be much worn this winter, and here is one of the newest. A wide patent leather belt makes an attractive finish.

The misses' and small woman's dress pattern No. 8552 is cut in three sizes—16, 18 and 20 years. As on the figure, the 16 year size requires 3 3/4 yards 36 inch, with 3/4 yard 36 inch contrasting material.

SIDE TALKS

THE PERFECT THANK NOTE.

I suppose all your Christmas notes are written by now. I hope by no possible chance you were moved to make use of any printed form in expressing gratitude. I can't think of anything more unpalatable than canned gratitude. I had one dish of it last year and I never want another.

I think one should be as careful of the quality of one's gratitude as one is of the quality of one's gifts. One of the Christmas notes I received started me on this train of thought. It was such a perfect thank note.

She spoke of Last Year's Gift. It not only said in so many words that the recipient liked the gift, but it spoke of definite uses to which she planned to put it, quoted a gracious thing that some member of her family had said about it, and then told me how much she had enjoyed the gift she sent her last Christmas.

It was the sort of letter that warms the cockles of one's heart. I spent more money than I should have on that last year's gift. I am repaid—and more.

People, unless they are utter barbarians, must always write one more or less grateful note when a gift is received. But after that they need never mention it again. And many of them take full advantage of this exemption. Consequently, when anyone does recall a gift some time afterwards, one really feels that this is genuine gratitude.

ONONDAGA COUNCIL
Onondaga, Jan. 14.—The inaugural meeting of the Onondaga Council for the year 1918, took place in the Town Hall, at 11 a.m. All the members present, namely, Mr. W. A. Douglas, Reeve, Messrs. Arthur Barlow, Mordimer, Herbert Brown, and Wellington Milligan, Councilors. Mr. Douglas is not altogether a new member of the Council, having served on the Board some 15 years ago, and was Reeve in 1903-4, also was elected to the County Board in 1905 for this district, being the time that the County Boards were not represented by the Reeves and Deputy Reeves of the several townships. The Councilors Howden and Milligan are new members.

After the members had qualified and taken the declaration of office the Reeve on taking the chair, expressed his satisfaction at having such a good board to work with, and thought they, along with himself, would feel gratified to think they were elected by acclamation. In outlining the work for the year he thought the watchword should be retrenchment. They still would have to meet the increased expenditures in regard to the war claims and which could not be ignored. Hoping for a prosperous new year, the clerk was asked to read the minutes of last meeting of Council of 1917, which were adopted.

A communication from Harley and Sweet, Barristers, was read, advising this council that By-law No. 174 of the Township, granted to W. J. Atkins, is now assigned to the Dominion Gas Co., was filed. In reply to the appeal from the Sick Child Hospital a cheque of \$5.00 was granted. On the request of the Department of Agriculture, Institute Branch, the Reeve was elected a representative to the Board of this district.

A By-law was passed, appointing Messrs. Edwards and Pries as Auditors and one also was passed, appointing Mr. Thomas Howden, a member of the Board of Health, to act in conjunction with the Reeve and Dr. Maw, M.H.O., Messrs. S. Deagle, Sr., and A. Mitchell, were appointed Sanitary Inspectors. In the



LLOYD GEORGE'S SON IS COMING TO AMERICA
Major R. Lloyd George, Major Richard Lloyd George, son of the Premier, will go out to America with Earl Reading, High Commissioner to the United States.

Good Night Stories

THE TREASURE CHEST.

One day in the summer time, mamma dressed little Linda in her pretty new white dress, and started her to Sunday school. It had rained during the night, so mamma warned Linda to be careful where she walked. Linda hurried away, for the church bell was swinging back and forth, calling the little ones to their lessons.

But Linda forgot to watch where she was stepping, her foot slipped, and down she went right in the muddy road.

Her pretty new white dress was covered with mud. Her shoes and stockings were a sight. Linda tried to wipe the ugly black mud-off, but that made matters worse, and she began to cry.

"Well, now, what's all the crying for," squeaked a voice at her elbow. Linda turned and saw her little friend Squeedee grinning at her side.

"I've ruined my new dress in that horrible mud. I just hate dirt!" cried Linda.

"Oh, no, you don't!" exclaimed Squeedee.

"Yes, I do. I hate it, and I wish there wasn't a speck of dirt in this wide, wide world," sobbed Linda.

"You like the flowers and the trees, don't you?" asked Squeedee. "Linda nodded." "But what's that go to do with dirt on my dress I'd like to know?" cried Linda.

"Just this," replied Squeedee. "If there wasn't any earth there'd be no flowers or trees. Why, even the vegetables couldn't grow in your mamma's garden! And dirt, dear, is just earth out of places!"

"I don't care. I'd take the pennies from my bank and buy some vegetables," said Linda.

"But if there wasn't any dirt you'd have no bank or pennies either, for the iron your bank is made of comes from the earth. Copper from which your pennies are made comes from the stones. If there were no trees where would you get the boards for building houses, and what would the cows and horses do without earth to grow the grass they eat?"

"Little girl," Squeedee finished, "everything you have comes from the very dirt which makes you angry just because it has soiled your dress."

Linda wiped her eyes. "And all the time I've said I hated dirt!" laughed Linda. "I never really thought about its being any good, except to dirty our clothes."

"Most little children don't consider this or I'm sure they wouldn't say they hated dirt," replied Squeedee.

"Why, old Mother Earth is our very best friend. She's just great! She's a treasure chest filled with beautiful gifts for very one of us. Without her there'd be no life at all!"

Linda looked down at her dress. The sun had dried the black mud spots and turned them gray. Linda brushed them off, and when she looked up again Squeedee was gone.

After that no one ever heard Linda say she hated dirt. And when she heard any one else say it she told them this tale as I've just told it to you.

SELL BY WEIGHT.
By Courier Leased Wire. Toronto, Jan. 18.—The Board of Control to-day decided to memorialize the Dominion Government to have potatoes and other vegetables sold by weight.

TO REGAIN HEALTH
CLEANSE THE BLOOD
When your blood is impure, weak, thin and deficient, you cannot possibly enjoy good health. Your system becomes receptive of any or all diseases, and germs are likely to lodge in some part of the body.

Put your blood in good condition, and do so at once.

Hood's Sarsaparilla acts directly and peculiarly on the blood—it purifies, enriches, and revitalizes it and builds up the whole system.

Hood's Sarsaparilla is not a cure-all. It is the best blood medicine on the market. It has stood the test of forty years and it uses all over the world. Get it and begin treatment today. It will surely help you. Sold by all druggists.



HERE'S a luxury within the reach of everyone—a hair-bath in the whipped-cream-like lather that LUX makes in hot water. Your hair takes on a soft, luminous silken quality that makes it a crown of beauty indeed. The scalp is stimulated, your head refreshed.

LUX makes water soft as summer rain. These wet-satin-smooth flakes of the purest essence of soap dissolve absolutely in hot water so that not the tiniest particle of soap can remain to clog the pores. Try it to-night.

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Jas. L. Sutherland
MERCANTILE STATIONER

I wonder what's wrong with my Tea?

My! This certainly IS good Tea

The woman on the left bought some "cheap" tea. You can see she's not pleased. She's sorry now she tried to save a few cents by buying the "cheap" tea.

How different with the woman on the right. The fragrance of her tea tells her how good it is. She paid a few cents more for Red Rose Tea than the other woman paid for her "cheap" tea—and besides Red Rose will prove more economical in the end!

Because of the rich flavor and vigorous strength of the Assam teas of which Red Rose chiefly consists, it will make 250 cups to the pound, or about a fifth of a cent a cup. So cheap that the very poorest can afford it, so good that the rich can find nothing better.

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RED ROSE TEA is good tea

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RED ROSE TEA

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RED ROSE TEA is good tea

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REV. HAROLD McCausland, Curate of St. Augustine's Church, Toronto, has been awarded the Military Cross.