

HOW HOUSEWIVES CAN FULFILL WORK OF THE WAR GARDENERS

A **SPLENDID** response has been made to the call for increased production of vegetables this year by city people and farmers. Not only has farm production been largely augmented, but tens of thousands of war gardens and hundreds of thousands of war gardeners in all parts of the Dominion promise an important contribution to the National food supply.

Now that we have our vegetable gardens on a far more general scale than in other years, we must use the produce of these gardens so as to make the greatest possible contribution in relief of the food situation. In this way the work of the war gardeners will be continued and its purposes fulfilled.

As the fresh vegetables become available they can be used in making a wide variety of appetizing, nutritious and healthful dishes. They are an important addition to the food supply and full advantage should be taken of them.

And these gardens will do more than provide for present consumption requirements. The surplus production will be canned, dried or stored for future use and made available during the fall and winter months.

It is the purpose of this little booklet to help to make the vegetable garden of the greatest possible service, by suggesting to the housewife some of the ways in which fresh vegetables, and those which are put away for the winter, may be served. The recipes are all simple and inexpensive and they offer a variety of which advantage is not always taken. It rests with the housewife to complete the work of our war gardeners by utilizing to the utmost this year's vegetable production.

CANADA FOOD BOARD,



Chairman.

Ottawa, June, 1918.