

### Substitute economy for waste.

Use only such foods as contain the greatest amount of nourishment, with the least possible waste. No food meets these requirements more perfectly than

# BOVRIL

### CANADA'S HEROES OF THE PRESS

Canada's Pilgrims of the Press paused on their way home from spending nine weeks of their own time and approximately \$100,000 of British taxpayers' money in covering the United Kingdom and the western battlefield with the stately sequence of free meals, free rooms, and free trips.

A listening universe was thrilled when R. D. Richardson, M. P. for Springfield, confessed that Canada's twenty-five press excursionists had lunched at Sir Douglas Haig's headquarters. Shells were bursting in the atmosphere surrounding Sir Douglas Haig's hospitality. The din was so terrific that Sir Douglas could not tell whether the sound he heard was the thunder of cannon or the noise of his illustrious guests eating soup.

"Stormed at by shot and shell, Lunched in the mouth of hell, Largely they ate and well, Noble twenty-five!"

A Victoria Cross apiece is the smallest tribute that a grateful country could offer

to the PILGRIMS OF THE PRESS—the daring patriots who gladly pushed their noses into the trough of a \$100,000 Cook's tour at the expense of the old Country taxpayers.—*Toronto Telegram.*

### WHY HE WAITED

An old man clad in a somewhat youthful suit of light gray flannel, sat on a bench in the park enjoying the spring day.

"What's the matter, sonny?" he asked a small urchin who lay on the grass and stared at him intently. "Why don't you go and play?"

"Don't want to," the boy replied. "But it is not natural," the old gentleman insisted, "for a boy to be so quiet. Why don't you want to?"

"Oh, I'm just waitin'," the little fellow answered. "I'm just waitin' till you get up. A man painted that bench about fifteen minutes ago."—*Pittsburgh Chronicle-Telegraph.*

"Do you believe that brevity is the soul of wit?" "I don't say exactly that," answered Senator Sorghum. "But I will admit that a man sometime shows his smartness by not talking any more than is absolutely necessary."—*Washington Star.*

### CANADA FOOD BOARD SAYS:

For ignoring the regulation which calls for a reckoning for bad eggs purchased from producers or country dealers, over and above an allowance of one per cent, the William Davies Company and the Matthews-Blackwell Company, both of Montreal, have been forbidden to buy, sell, or otherwise deal in eggs for 30 days. According to the regulations in force since June 1st last, every dealer placing eggs in cold storage is required to furnish to the operator of the warehouse a statement in writing certifying that such eggs have been candled and that bad or unsound eggs have been removed. No licensee of the Canada Food Board is permitted to pay, or demand payment for bad eggs in excess of an allowed margin of one per cent of the total amount of the transaction. The object of the Canada Food Board is to make the handling of such eggs unprofitable for the dealer, who is now obliged to charge them back against those from whom they are originally purchased. In the case of the two companies under suspicion it was found that no attempt had been made to charge back for unsound eggs in this way, although the candling records showed percentage running as high as fourteen. A firm in Charlottetown has been disciplined in the same way for a similar offence.

It was manifestly nothing but fair that the public should not be called upon to pay for bad eggs. If a dealer purchases bad eggs and pays for them, the least trouble for him would be to say nothing about it after finding the fact out by candling, but pass the eggs on into channels of trade, where the consumer would eventually pay for the loss. Everybody else who handled the eggs, from the producer to the retail storekeeper, would thus have charged their profits and expenses just the same. By the order of the Canada Food Board it is provided that bad eggs be charged back to their source of origin so that the loss is borne by the parties responsible for their delay in reaching the market fresh. In these times of high prices for eggs and every other food commodity, the consumer is doubly entitled to fresh eggs bought in good faith in the regular way. Producers should be careful of the stock they sell and dealers should be watchful of the stock they buy.

### ALLIED FOOD CONTROLLERS' APPEAL

The following resolution, summarizing the present food situation and the responsibility of the people of Canada and the United States, was passed by the Food Controllers of Great Britain, France, and Italy, and the Food Administrator of the United States, at a recent conference in London, England, when a thorough survey was made of the present food situation and of prospects for the future:—

"Resolved, that while the increased production of the United States and Canada renders it possible to relax some of the restrictions, which have been borne with peculiar hardship upon all our peoples, yet it is absolutely necessary that rigid economy and elimination of waste in the consumption and handling of all foodstuffs, as well as increased production, should be maintained throughout the European allied countries and in North America. It is only by such economy and elimination of waste that the transportation of the necessary men and supplies, from North America to the European front, can be accomplished, and that stocks of foodstuffs can be built up in North America as an insurance against the ever-present danger of harvest failure, and the possible necessity for large and emergency drafts to Europe. We cannot administer the food problem on the basis of one year's war. We must prepare for its long continuance if we are to insure absolute victory."

### CANADIAN CATCH OF COD AND HADDOCK

Ottawa, Aug. 28.—The Department of Naval Service reports that the catch of cod and haddock on the Atlantic coast during the month of July was 72,000 cwts, greater than that of July, 1917, while that of hake and pollock was 1,000 cwts. less. The herring catch was less by 11,000 cwts. and the sardine catch by 12,000 barrels. The reduced catch was due to unfavorable weather in the first half of the month and a general scarcity of bait during the latter part of the month.

Strange to say, the counties along the south shore of Nova Scotia, the chief cod and haddock producing counties, all show diminished landings of these fish, with the exception of Victoria county, which owing to a more general use of traps produced 2,300 cwts. of haddock against 1,300 cwts. in the same months last year.

New Brunswick for the month showed an increase in cod of 13,000 cwts. and in hake of 3,000 cwts. The Province of Quebec, including the Magdalen Islands, but not including Saguenay county, produced during the month 120,000 cwts. of cod, against 90,000 cwts. for the same month last year. Since the opening of the lobster season, on November 15th until the end of July, there were packed 100,37 cases, while 53,129 cwts. were shipped in shell. During the corresponding period last year 148,014 cases were packed and 62,555 cwts. were shipped in shell.

The total value in first hand of sea fish landed on both coasts during July is \$4,306,124, against \$3,303,743, for July last year.

### A CURE FOR MANY GOLF AILMENTS

MANY troubles that beset the golfer could be avoided if the downward swing were made in the correct manner. The golden rule is that it should be a steady, even, and sustained effort. Work done in the upward swing, while it is in some respects complicated, is merely a winding up or poising for the real work, which is the delivering of the blow. So much time has of necessity to be spent in acquiring the proper backward swing that there is a tendency for the pupil to consider it as the only material part of the stroke.

It is well to keep in mind the fact that the backward swing is for the purpose of getting into position, and while the work done is important, nevertheless it is the downward stroke and the manner in which it is made that really is decisive in getting the ball well away. The greatest factor in the downward swing is that the blow should be delivered with decision. Letting up on the shot is quite a common failing, while another fault is that known as "hitting too soon." This is caused by an instinctive hurrying of the shot as the club head nears the ball. Both these faults are hard to eradicate, and as they are a source of infinite trouble to golfers, it may be of help to realize what actually happens during the downward swing.

It should be clearly borne in mind that the arc which the clubhead makes is a large one, and the arc made by the hands in the swing is a comparatively small one. To use a simile, the hands are a small geared wheel, which is driving a larger one, the clubhead. One of the first principles of making a good shot is that the clubhead must get into it before the hands or body have gone too far forward, and consequently it is necessary not to attempt to press the stroke, which simply causes the hands and arms to be thrown forward leaving the clubhead to be dragged in.

Very small power or effort made by the hands causes the clubhead to move at a tremendous pace, and if more force is used than can be properly transmitted the shot is spoiled. On the other hand, while there should be nothing in the nature of forcing, there should be considerable decision used throughout the swing. This decision should be the most noticeable just at and after the moment of impact.

Compactness in delivering the blow should be the second principle. During the downward stroke considerable centri-

Minard's Liniment Cures Distemper.

### KENNEDY'S HOTEL

St. Andrews, N. B.  
A. KENNEDY & SON, PROPRIETORS  
Beautifully Situated on Water Front. Near Trains and Steamboats.  
(Closed for the winter. Will reopen June 17.  
Rates quoted on application.

### THE ROYAL HOTEL

LEADING HOTEL AT  
ST. JOHN, N. B.  
Conducted on European Plan in Most Modern and Approved Manner  
NEW GARDEN RESTAURANT  
200 Rooms - 75 With Bath  
THE RAYMOND & DOHERTY CO., PROP.

### THE EDISON TONE TEST

ANSWERS YOUR QUESTION  
"What instrument shall I buy?" That's been your question, and the Edison tone test has answered it. The tone test has proved that an instrument has finally been perfected which Re-Creates the singer's voice so faithfully that the human ear can not distinguish between the renditions of the artist and that of

### The NEW EDISON

"The Phonograph With a Soul"  
Call at your nearest dealer's and learn what is meant by the phrase Music's Re-Creation.

W. H. THORNE & CO. LTD., ST. JOHN, N. B.  
Distributors

fugal force is generated, and there is a tendency among beginners to allow this force to draw the club outward and away from them, making the stroke a similar operation to that of a man wielding a scythe. Great care is needed to overcome this failing. In the address the player should not allow anything in the nature of reaching for the ball. The arms must be held downward rather than out from the body.

Another difficulty that the beginner finds in making the downward swing is made in the planes, the vertical and the horizontal. An effort to make the blow too much in the horizontal causes swaying, and on the other hand, keeping the clubhead too long in the vertical position leads to the faults of schiaffing, or digging up the turf behind the ball. If the hands and arms are held compactly to the body, these faults will disappear.—*The New York Evening Post.*

### REGULATIONS ARE BEING ENFORCED

Within the last few weeks many fines and closing-up orders have been inflicted as penalties for violation of the Canada Food Board's regulations in various parts of Canada. Some of the convictions have been obtained by the Canada Food Board's own inspectors, and many more by municipal police authorities. It is the duty of local officials to see that these important regulations are enforced, as they have the full authority of law.

A Familiar Spirit—Medium—"Now, sir, be seated, and in just a moment I will give a convulsive shudder, my voice will change, and I will go into a trance and begin to talk wildly, and possibly clutch you by the hair. You are not afraid are you?" Dimpleton—"Afraid! Why, that's what my wife does all the time."—*Life*

# SAVE WHEAT OUR ALLIES NEED IT

USE

THE WORLD'S  
"BEST"  
SUBSTITUTE  
FOR  
WHEAT FLOUR

# PURITY OATS

IN ALL YOUR BAKING

Canada Food Board License No. Ceres 2-000

Flour 16, 17 & 18

Send for free wheat-saving recipes

Western Canada Flour Mills Co. Limited  
HEAD OFFICE: TORONTO

### HILL'S LINEN STORE

Still Have a Substantial Supply of

# LINENS

and wish to impress upon their patrons that real Linens will be fifty per cent. higher next year, if obtainable.

Our prices as quoted in the Summer list hold good.

WRITE FOR PRICES

# HILL'S LINEN STORE

St. Stephen, N. B.



The Morning Cup well begins the day.

KING COLE  
ORANGE  
PEKOE

The "Extra" in Choice Tea

