

3. Often half the sugar is left in the bottom of the cup, whereas, by stirring it, much less need have been put in.

4. Scrape out and rinse all saucepans and mixing bowls, so that every particle of the material is saved. This may sound silly, but in the course of the year pounds of nourishment are utilized.

5. In thickening sauces and other things, learn to know the least amount of flour that will do, and don't use a teaspoon more than is required.

6. Never throw away any milk. The sour can be kept in a jug, and any little sweet can be added. It will keep for days in winter, till you are ready to use it.

7. Scrape any kind of fat whatever, collect in a saucepan, boil once or twice in water, carefully scraping off the sediments, and fry out. No taste or odour is then left.

8. Try to get skim milk and buttermilk. They are almost as valuable for food as whole milk.

9. No scrap of meat or vegetable is too small to put by in cold weather. A tablespoon of meat mashed and mixed with boiled egg and bread crumbs, formed into tiny balls, rolled in flour and dropped in boiling soup, make a delicious clear soup.

This saving and scrap-using must be entered into with the right spirit, remembering that we Canadians are about the most wasteful nation in the world. Not so extravagant, as criminally wasteful. Fifty million dollars is thrown away annually in Canadian garbage cans. That is no wild statement, but an ascertained fact. Think if this past year's waste could be restored to us. Fifty million dollars would almost provide for all incapacitated soldiers. And remember, it didn't go out in one or two, or 1,000 cans, but in about 2,000,000—in yours, and yours, and yours. Each of us should see to it that soon the sight of a slice of bread, a perfectly good bone, or the outside leaves of vegetables, in a garbage can, would give you quite a shock. In England you are fined \$50 if the inspector finds any good food-stuff thrown away.

10. Use nut-butter more, or good margarine.