



The Fountain—A Favorite Meeting Place at "The Exhibition," Toronto.

modern surgery, training in nursing, and the use of antiseptics.

Food rationing for the men in the trenches is, of course, down to a science. The men get excellent meals, with all the food-materials necessary for keeping up health and strength, and they are kept cleaner than any armies ever before in the history of the world. This is true, not only of the Canadians, but of all the armies on the Western war-front.

ON July 21st the party was cordially received by Sir Douglas Haig, who spoke in glowing terms of the great work done by all of the armies fighting for the allied cause. The Canadians, he said are great fighters. Then he spoke, with great satisfaction, of recent splendid advances made by the French.

Rouen and Paris—the latter still gay, though covered with darkness at night and protected by sand-bags wherever treasures of art or architecture must be protected—were the next points of interest. Then came a trip to historic Verdun, now a mass of ruins, but which will forever blaze in history for the heroic defence there made by Petain's brave Frenchmen during the long cruel months when the armies of the Crown Prince there sought to break an opening and a road to Paris.

During their visit at Verdun the Canadian party were quartered with the officers in the Citadel, and dined and slept 60 feet below the surface, quite comfortably too. About Fort Douaumont they saw shells fall, sometimes startlingly near. Their conductors here, were Count Montebello, a very rich French nobleman whose forests are now being cut down for the war, and Captain Kenny of Halifax, who is connected with the Intelligence Department.

An interesting incident of the trip to Verdun was the opportunity the Press Party had to watch from afar a midnight raid on the enemy's lines. For half an hour, as they sat on the roof of the citadel, they watched the blazing sky, as thousands of shells were thrown among the Huns. Next morning, on the way back their motor cars passed along roads crowded with French guns and artillery divisions, ambulances and men returning from the attack.

On the return to Paris they were introduced to Premier Clemenceau, described as "a wonderful man, nearly eighty but looking more like sixty;" then the route led back towards Boulogne, with a pause at Hangest-sur-Somme, near Amiens, to see the splendid Canadian cavalry, under General Patterson, and another to visit Canadian Hospital No. 3, which was the first hospital to suffer at the hands of German fliers. Lt.-Col. Clifford Reason, of London, Ont., is the officer commanding here, and welcomed the men of the Press. "The building," said Mr. Weld, in speaking of the visit, "is an old fortress, and one end of it is completely in ruins." The attack was made on the night of the Corpus Christi festival, the 29th of May. Through the German Ambassador the Pope had been approached to ask the Allies to refrain from bombing Cologne, because of the celebration to be held there. This was done, and no bombs were dropped by the airmen of the Allies; but on that very night the kindness was returned by a deliberate bombing of this hospital. Shortly after midnight the

German planes appeared, and, to obtain better aim, lighted a flare. The bombs struck a portion of the old citadelle upon which a Red Cross had been painted very conspicuously, and crashed through the roof with such force that the occupants of the three floors in that portion were all killed or wounded. Thirty-four persons in all were killed and fifteen injured. Among the dead were Captain Meek of Regina, who was conducting an operation; his assistant, Lt. Sage, U. S. A., of Philadelphia; nursing sisters Pringle and McPherson of Vancouver, and nursing sister Baldwin, of London, Ontario; also a number of sergeants and orderlies.

Amiens was found to be absolutely deserted, the people having fled when it was bombarded by the Germans. In parts of it damage had been done, even to the fine old cathedral, one of the most beautiful in the world, which, according to approved Hun methods, appeared to have been used as a mark. Another city, likewise deserted but more completely devastated, was Arras, where to-day little is left but fragments of walls and heaps of debris.

ON the evening of July 27th, the party arrived again in Boulogne, and on the following day a motor trip led to Ypres via Hazebrouck and Poperinghe, the last part of the journey being accomplished by light railway and on foot. Through the ruined city the more venturesome among the travellers walked, while shells were falling not more than 150 yards away, and, for a few exciting minutes, watched an aerial battle with Hun fliers which was actually fought above the ruined streets. Of the great cathedral, and the once beautiful old Cloth Hall, nothing is now left but piles of stones.

The return journey to Boulogne, 60 miles, from the end of the railway line, was made in two and a half hours, and on July 30th the party embarked for Folkestone, and, escorted by destroyers, made safe landing, once more, on British soil.

So ended a trip whose pictures will come back to those who made up the press party, for years to come.

In a subsequent article something

will be told of the work that women are doing over the seas, for to-day the old song is not altogether true "For men must work and women must weep." Sometimes, perhaps, the women do weep, but it is in secret. They, too, work, while the men work on the war-front, and with them as with their husbands and brothers and lovers who are more directly waging the fight for liberty for all the world, the work goes on with a song and a laugh. The most terrible conflict the world has ever known is being waged "out there", and yet, unless in the midst of the combat, it is faced with whistle and jest. Surely only a vision of a glorious end for mankind, though perhaps subconsciously, can be the true explanation of the wonderful morale at the front. However that may be, it is there—and it makes for victory.

The Exhibition.

(Continued from last week.)

The Dairy and Food Conservation Buildings.

PASSING through the Dairy Building we took a look at the exhibits of butter, cheese, eggs, meats, cooked meats, shortenings, etc., and at the persistent warnings as to the necessity for absolute cleanliness in all dairy operations, quick cooling of milk, etc., held forth in placards on the wall, then we proceeded to the arena. There was "nothing doing," but next day we were told that three women, including a mother and daughter, Mrs. R. W. Dove and Miss E. Dove, of Kettleby, had begun a three-day butter-making competition. Among the interested onlookers as they worked on that first day was M. Derouet, the French chef, of whom more will be said later.

ONE of the most interesting buildings on the grounds this year, and rightly so, was the Food Conservation Building, opposite the Art Gallery. Indeed the committees in charge in this building may be especially complimented, not only on the usefulness and suggestiveness which marked their exhibits and demonstrations, but also on the attractiveness of the place, harmony having been

given everywhere by a decoration of wistaria with its graceful, drooping mauve blossoms.

The centre of the room was occupied by the Government demonstrations, in charge of members of the Food Controller's office and the Women's Institutes Branch of the Department of Agriculture. Large gas stoves had been put in each of the enclosed spaces, and here Domestic Science graduates cooked toothsome things from all sorts of substitutes for fat, sugar and wheat flour. On the tables were shown samples, in bottles, of the substitutes, and, under glass covers, of prepared eatables made from them. Also recipes were placed so that all might read and those provided with pencil and paper could copy.

Some of these were as follows: *Stuffing for Fish*.—One cup breadcrumbs, ¼ teaspoon salt, pepper and cayenne to taste, 1 teaspoon onion juice, 1 teaspoon chopped parsley, 1 teaspoon capers or chopped pickles, 2 tablespoons fat.

Fish Loaf.—Two cups flaked fish, 2 eggs, 1 cup soft breadcrumbs, seasonings. *Boiled Salad Dressing*.—One-half teaspoon salt, 1 teaspoon mustard, cayenne, 1 tablespoon sugar, 1 tablespoon flour, 1 egg, 1 tablespoon butter or oil, ½ cup hot water, ¼ cup vinegar.

Rolls Oats Bread.—Two cups rolled oats, ¼ cup yellow sugar, 2 cups boiling water, 2 tablespoons melted fat, 1 cake yeast, 4 cups flour, ½ cup lukewarm water, 2 teaspoons salt, 2 tablespoons molasses. The method was not indicated, but any practical cook will understand how to "raise" the bread, etc.

Rye Pastry.—One and one-third cups rye flour, ½ cup water, two-thirds cup flour, 1 ½ teaspoons salt, ½ cup fat.

Spiced Oatmeal Muffins.—One-quarter cup molasses, 3 tablespoons fat, ¼ cup sugar, 1 ½ cups flour, ½ cup cooked oatmeal, ¼ teaspoon soda, 1 teaspoon baking-powder, ½ teaspoon cinnamon, ¼ cup raisins, ½ cup milk.

Golden Corn Balls.—One small orange, ¼ cup fat, 1 cup sugar, 2 eggs, 1 ½ cups flour, 1 cup corn flour, 4 teaspoons baking-powder, ½ teaspoon salt, ¼ cup orange juice.

Chocolate Potato Cake.—One-quarter cup fat, ½ cup sugar, 1 egg, ¼ cup hot rice potato, 1 square chocolate, ¾ cup flour, 3 teaspoons baking-powder, ½ teaspoon salt, ½ teaspoon vanilla, ¼ cup milk.

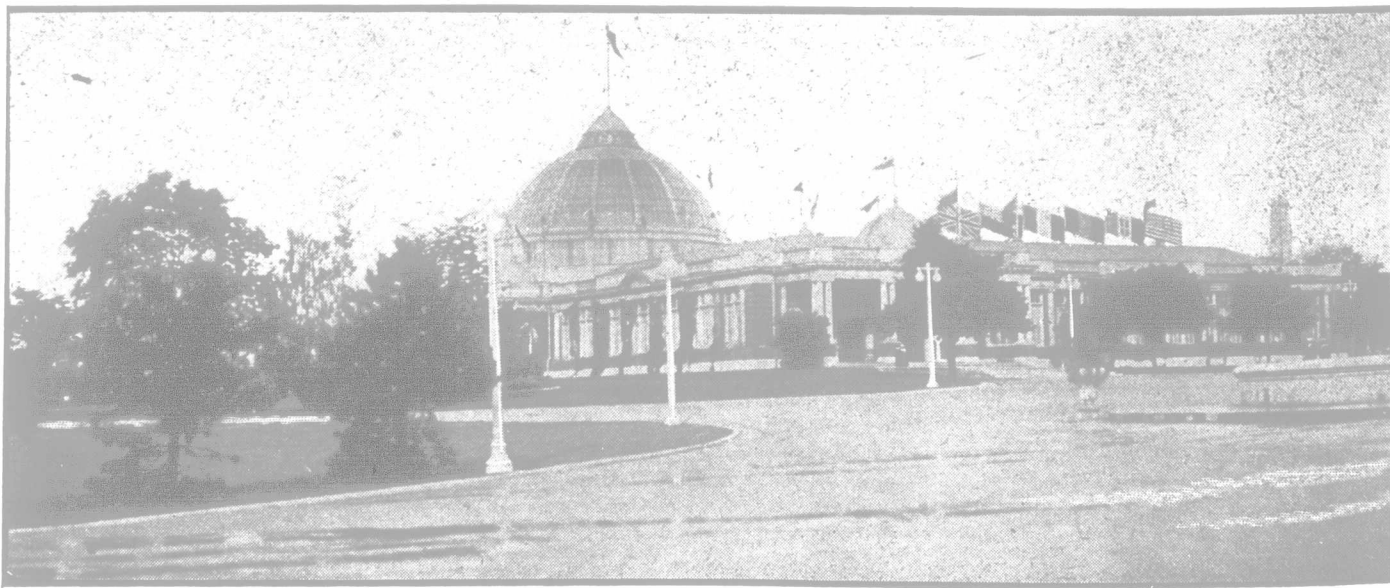
Bran Muffins.—One egg, ¼ cup sugar, 1 tablespoon molasses, 1 ½ cups flour, 1 teaspoon salt, 1 cup bran, 1 teaspoon soda dissolved in 2 tablespoons hot water, 2 tablespoons fat, 1 cup sour milk.

Potato Bread.—One-half cup milk or water, 4 tablespoons sugar, 1 ½ teaspoons salt, 4 tablespoons fat, 4 cups mashed potato, ½ cake compressed yeast, ¼ cup lukewarm water, 8 cups flour.

A placard prominently displayed emphasized a truth that might well be remembered in times when it is necessary to conserve: "DRIED PEAS AND BEANS ARE JUST AS HIGH IN TISSUE-BUILDING MATERIAL AS OUR BEST CUTS OF MEATS."

The flour substitutes shown in bottles, it may be remarked, were barley flour, oat flour, buckwheat flour, yellow corn flour, potato flour and rice flour, with the different meals.

In one section a splendid exhibit of canned fruits and vegetables, put up under direction of Mrs. Woelard, attracted much attention. We were told that she



The Horticultural Building, Exhibition Grounds, Toronto.

One of our editors took this picture—but he was on the spot early in the morning.