



CANADA.

*Fish is the only flesh substitute for meat which we have available in large quantity, and even if it costs as much as or more than meat, every Canadian who, in so far as he is able, eats fish and thus releases beef and bacon is performing a patriotic duty and will be helping the men at the Front. The Food Controller is making every effort to increase the supply of fish but obviously the most essential co-operation he needs is that the public as consumers should increase their demand.*

**R. L. BORDEN.**