

Mr. R. M. Cline of Hamilton, writes: "We have for some time been working the "Cash and Carry" system with success."

The Portland Fish Company of Montreal, acting on the suggestion of the Food Board, recently announced the introduction of the "Cash and Carry" system. The Manager reports that good results seem assured for the venture.

Released Help: Prevented Loss.

Mr. Joseph Perkins, 2986 Dundas St. West, Toronto, writes: "I introduced the "Cash and Carry" system in 1914 and have found it very successful in every way. Besides permitting my help, including my own son, to go to the front, this system has saved me from trouble or loss from bad debts or incompetent servants."

Brought Much Business.

Messrs John Robertson & Son, Montreal recently started a "Cash and Carry" Department. During the second day he had 167 more customers in his store than on any previous day. The Canada Board's letter relative to the "Cash and Carry" system was framed and displayed in the store window.

UNION MILK COMPANY IN CALGARY.

The citizens of Calgary are now receiving their milk from the Union Milk Company, Limited, which concern has been formed by the amalgamation of the four largest dairy companies in the city, the Carlyle Dairy, the Co-operative Dairy, the Hays Dairy and P. Pallesen.

PRICE LOW; FOOD VALUE HIGH.

Little Advance in Price of Cod Fish in Canada in Last Two Years.

Reports from representative wholesale distributors of fish show that the average price of Cod in Canada is only 2/5 of 1 cent per pound higher today than it was in January 1916, an advance of only 6-2/3 per cent, in the past two years. This advance has been less than the increase in the price of almost any other food product, and in food value Cod fish is today one of the cheapest products obtainable. This fish may be purchased in Canada from 10 to 12 cents per pound, headed, depending upon locality and transportation facilities.

Two hundred million pounds of Cod were caught by Canadian fishermen last year, of which only 5 per cent, were consumed at home. The balance of this great catch was exported to Europe, South America and other overseas points.

HOW MUCH DO YOU PAY FOR GROCERY DELIVERY?

Messrs. Wilson Brothers, importers and grocers of Victoria, B.C., in their trade letter say:—

"The Groceteria or Cash and Carry System has come, and is here to stay. It is no longer an experiment but a clear demonstration that the reckless expense which has been the fashion in connection with the delivery of goods can be, and must be, done away with. The assertion has been made that it costs the average grocer from 5 per cent to 8 per cent to maintain his delivery system, and our own experience goes to show that these figures are not exaggerated, certainly 5 per cent is well within the mark. Put it this way: the monthly grocery bill of a family is \$25; if the delivery of the goods bought with this sum costs the storekeeper 5 per cent, then the value of the goods actually received only amounts to \$23.75, the remaining \$1.25 going to pay for what undoubtedly is a great and much appreciated convenience, but which at the same time can be and ought to be done without. Purchasing ones own goods in person is much more economical and satisfactory than ordering by telephone. . . . How much better to have that \$1.25 to go towards buying a much needed pair of boots for one of the youngsters, an extra supply of kolled oats, a little more butter, or some article of household necessity, than to contribute it towards carrying on an altogether unnecessary and extravagant delivery system. The delivery system is one of the wastages which is going on and until this abuse is corrected we shall be leaving at least one of our duties unfulfilled."

CHILDREN'S FOOD SLOGANS.

A competition was recently held among Indiana school children for the best food-saving posters. The following are examples of the children's work:

Be canny with food.

Peel thin and win.

Spread Butter thin—Help the soldiers get Berlin.

Bread and Buns will Beat the Huns.

Every spud is a bullet.

Save Bacon until Berlin is taken.

Wise Wives Won't Waste.

The Kitchen is your Fort.

Little saving in the preparation of meals all count for your country. Kill Kaiserism in the kitchen.