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BATURDAY MORNING, JULY 7.

The Food Controller's Policy. Hon. W. J. Hanna Canada's nev food controller, made his first public appearance since his appointment, at the Toronto Women's Press Club vesterday. One of his aims is to obtain publicity for the objects and methods of his department, and to judge from the attendance, there should be no difficulty about pub-

Mr. Hanna made clear at once point that has probably not come home to all Canadians. The object of food control is not so much to sure that sufficient supplies will be available and will be delivered to the allied countries in Europe and the troops in the trenches. It makes an altogether different case of the matter if it is to be considered from this point of view, rather than that of supplying ourselives. If any morals or ethics are to be introduced, this point of view elevates the issue

The basic fact from which Mr Hanna approached the subject was the deficiency in Europe of 460,000,004 bushels of wheat. This has to be supplied by the United States and Canada, and we have only a surplus of 300,000,000, leaving 160,000,000 bushels to be provided by us, and as may demand. It is only by selfdemal, self-control, and national food control generally that this deficiency can be made up. The point, then, is not how we shall get more for ourselves, but how we shall do with less. The surplus estimated is based upon our normal consumption, and snything we can retrench upon, what-

than nothing.

suggested that as far as possible percan be stored and shipped abroad. made to can all food that cannot be might cost us the war. saved otherwise or used immediately.

With regard to bread there were differences of opinion as to whether whole wheat bread or flour and bran or other there would be no more need for a combinations were the best. A commiltee of the senate had been appointed in May, and was to meet on the 17th inst., indicating some speed in the senate, and by the time the war was over he trusted they would know all about bread. This was a jocular reference for which Mr. Hanne apologized, asserting that he believed the bread question would soon be dealt wealth, nor for the aims and ideals

He was satisfied that people in To- enough to profit by the progress and ronto had to pay two or three times success of the commonwealth. Such too much for their fish, and he hoped men who are willing to rejoice in her this would be remedied. This appears joy must be ready to weep with the to us to be one of the most practical sorrows and take part in the labors points touched upon. Mr. Hanna said of the people to whom they belong. the consumer should be put in closer No man can evade the duties of his touch with the fisherman, and it is human birth merely thru distaste. The one of the things to which the food conscription bill is a big signpost controller will give special attention.

Mr. Hanna had little to say about with the high things and the glorious prices, and it will occur to many that ideals of the race. Those who can if the object of the food controller be read militarism into this have more chiefly to reduce or restrict consumption, high prices form one of the strong inducements to reduction of dist. If Mr. Hanna reduces prices will he thereby increase consumption and lessen the available surplus for export? low fares on sale every Monday to It is too late in the season now to do Western Canada. Secure interesting much in the way of increasing con-

sumption. Mr. Hanna announced that a committee had been formed to assist him, consisting of Hon. Justice Rose and Mr. George Wright of Toronto, Miss Watson of Guelph, and Mr. Cooper of the C.P.R., Montreal. These, it is believed; would provide sufficient assistance without creating such a large body of men as the United States department embraces.

Mr. Hanna is relying on the good will of the people generally and of the press for results. He stated that the moving picture people had offered ten per cent, of their advertising space for the purposes of the food controller, and that all the material provided in the United States bearing on the question would be available in Canada and

would be placed before the public free. It is doubtful whether the people of

Canada thosoly understand upon how

The Toronto World many conditions success in the wer pends. The supply of food is the most important of all. The submarine campaign of Germany is based on that fact. The blockade kept by Britain, France, Russia, Italy and the United States is also based on that fact. If we fail to support the efforts of our fighting men by providing them with all they need to keep them in health and strength we can have no victory. And it may be added that were peace o come tomorrow the scarcity of food would not only not be relieved, but

would be considerably intensified. All the enemy nations are living on famine rations at present, and when we give them peace we must be prepared to

A Signpost to Duty.

give them bread for their famished

children. Peace or war, we must make

up our minds to economize on diet for

many months to come.

Now that the conscription bill has passed its critical stage all that remains to be done is to make it effective. It was possible to make the voluntary system ineffective, and to judge by some of the results in Britain it is possible to make the selective draft or any other form of conscription in-

If the people of Canada, or any part of Canada, are sincerely anxious to prevent conscription coming into effect. all they have to do is to volunteer in such numbers as would render conscription unnecessary. It is obvious that if this be not done the objection is not to conscription that so much opposition has been raised, but to any form of military service. Like the conscientious objectors to military service in Britain when they are rounded up and put to work it is found that their conscientious objections prevail in that direction also, and they have

be spared and who could not. If no one was found who could be spared. no one would be sent. There would be no tearing husbands from their wives or fathers from their children Of the 100,000 men to be called, until the single men were exhausted, not a married man would be taken.

What the bill aims at, as in Britain and the United States, is a square deal for everybody, and for the nation as ever we can save, adds to the surplus a whole as well as for the individual. available for those whose store is less Anyone who thinks that Canada is not menaced by German militarism The necessity for thrift and the should reflect upon the hazards of elimination of all waste is borne war. After three painful years the alhome at once to anyone arriving from lies have achieved a certain domin-Europe and observing the wasteful ance, but the Germans are still fightand uneconomic habits of the people ing hard, and no one knows what of his continent. In restaurants in advantage might accrue to them any day, whether by returning strength. might be ordered. A few of the by increased ingenuity, or by failure plainest. suggested Mr. Hanna, were of the allies to maintain their strength, sufficient. Breakfast and luncheon The French are almost all in. Britain should have no more than two is combing the country for the last ourses, and dinner no more than 500,000. If we can stand the strain now in this severest time of all, when Getting down to details, Mr. Hanna everything in heaven and earth would sleep, the wear having been greater seem to be in the balance, then we used that as far as possible percourses, and dinner no more than 500,000. If we can stand the strain for ishable articles of diet should be used shall win. But in Canada many of pleasure, sorrow or any other cause. for food, in order to save those that us are already hesitant, reluctant, doubtful. Such of us weaken the There should be the utmost effort national chain, and such weak links

> If we had a nation entirely devoted to the country as a whole and the liberties and ideals of the people, conscription bill than in Switzerland. where everyone is a citizen soldier because he loves Switzerland, In Canada we have not the patriotism, and consequently we have not the disinterestedness and unselfishness that comes from such a devotion.

There is in every nation a remnant that cares nothing for the common of the commonwealth, the willing to duty, to patriotism, to sympathy imagination than heart.

YOUR OPPORTUNITY.

"Homeseekers" return tickets at literature and full information from Canadian Northern Railway, 52 King Canadian Northern Railway, St. East, Toronto, or 7 James St.

OTHER PEOPLE'S **OPINIONS**

The Toronto World invites correspondence on subjects of current interest. Letters must be short and to the point—not more than 200 words at the outside. The editor reserves the right to cut any letters to make them conform to space requirements. Names will not be published if the writers wish them withheld, but every letter must be signed with writer's name and ad. dress, to ensure authenticity.

WINIFRED BLACK WRITES "Hard Luck" and Brains

There's always a reason—every news and his children laugh and play ime. I love to hunt for it and to find light-heartedly.

The trained nurse was speaking of ime. I love to hunt for it and to find it, don't you?

There's the trained nurse, for instance—such a clever, neat-handed, low-voiced, efficient person. She was tired of nursing, so she took a pretty house in a beautiful California resort and opened it as a rest cure.

There's a lovely garden to the house, with great, big, red poinsettias climbing to the roof. I slipped up to one of them and pinched it to see if it wasn't made of red paper—and it wasn't. And there's a hedge of calla lilies, all white and tall and wonderful, and at the back there's a hedge of pink geraniums and white marguerites. And the sea is as the as the back-drop in the third act of a musical comedy when the pretty widow and her bouquet of human rosebuds come ashore with the naval officer, and the comedian, comes out in a feather head-dress and somebody's mother-hubbard to greet them.

deather head-dress and somebody's mother-hubbard to greet them.

Tact and Common Sense.

Altogether it's an entrancing spot and the trained nurse has a good cook—an, unusually good cook—and she runs a diet kitchen herself and has a big fireplace in the living room, with lots of magazines and things on the table. Why, it's a regular duck of a place, and everybody said the nurse would make her fortune there, but she hasn't.

their religion with them of any one else.

Would I go to that rest cure to get over an illness myself? I would not.

Nobody in the world can ever antagonize me by anything they say about my religion. That is a road it seems to me which every heart must choose for itself. But I would not trust myself and my heatth to any human being who had so little tact and so little common gense.

hasn't.

Plenty of people come to her rest cure, but somehow they don't stay.

They seem to lack confidence in her.

We all wendered and wondered about

I'm not wondering any more-I I heard her talking to two perfect-

A year ago this man was a convert to an ancient faith and for some reason and by some means the feet that had stumbled so often now walk firmly in the straight and narrow path, and the little family that is his is happy and prosperous and hopeful as it has never been before, and we sible results of the bill were idle. The bill would seek to ascertain who could be spared and who could not. If no A year ago this man was a con-

The trained nurse was speaking of him and she said to these two womenwho had just come into her house:

"Isn't it queer how he's gone all to pieces over that religion? Goes to church every morning and reads his prayer book every night. Well, I suppose his wife's reen thru so much by this time that she's learned to stand anything now."

And both the women to whom she spoke were themselves members of the

spoke were themselves members of the same faith which has seemed to work such a miracle with the man we spoke of. And the nurse was astonished when the two women left the rest cure and went somewhere else the very next deep.

very next day.

They went to a quiet old farmhouse way down the road, where the farmer's wife never dreamed of discussing their religion with them or any one

Nobody in the world can ever antagonize me by anything they say about my religion. That is a road it seems to me which every heart must choose for itself. But I would not trust myself and my health to any human being who had so little fact and so little common sense.

No Substitute for Brains.

If she'd be as big a goose as that about one else's religion—which does not concern her in the least—who can tell what she might do or say or think about other things?

When I have somebody but a hot water bag to my feet I want the somebody who fills that bag to have some common sense, or my feet may be burned.

Diet? Not for me! No diet do I want from her kitchen. It takes common sense as well as scientific skill to adjust a diet to differing constitutions.

I'm afraid the rest cure will never

Here is a good story of life in Dawson City and the Yukon Territory
during the great gold rush, when every
man was out for himself, when excitement was at fever heat, when
liquor first was introduced into that
great northland, and whon adventurers from all parts of the world
gathered to prey on easy victims.

There are several little things in the
book that make it apparent that the

book that make it apparent that the writer either never was in the Yukon or has forgotten that people there don't and never did speak of working

for their "monthly screw," as the say-ing is in England, and that several other purely English phrases were not to be neard in the gold diggings. Outto be heard in the gold diggings. Outside of that, however, the story is all right. It concerns the life and adventures of kleath, a linotype operator in the only newspaper office in the country, who is engaged at San Francisco and goes in to Dawson to set type and incidentally.

SECRETS OF HEALTH AND HAPPINESS

WHY SLEEP NEEDS DEPEND UPON YOUR WORK AND HABITS

By DR. LEONARD KEENE HIRSHBERG A.B., M.A., M.D. (Johns Hopkins University)



shortening life. The number of hours required for sleep for an adult varies from six to ten, according to the temperament, vigor, duties and mental condition of the condition o the person. Many say that women need more sleep than men. It is Do not sleep just after eating, as it think and work fast will sleep more in an hour than slow people, and thus require a less number of hours for rest. This is certainly false and ab-

It is universally they do wear out more rapidly henc that an require more sleep—not less than ce of sleep eight hours and some as many as ten is needed by all in They may seem to, require less be-order to do the cause they are so much interested in best work, enjoy whatever claims their attention that the best health and after a moderate amount of sleep they

obtain the long-est life.

Thinking and do-ing the long-est life.

Energetic people need not be afraid of sleeping too much. Persons who the forces of the generally trace their unpleasant feel tissues more rap-idly than they re-cuperate, hence it cause of an unhealthy condition of necessary to the blood, want of ventilation or oblay by a part of every 24 hours structed circulation from imprope

> It is important to have diminishing sleep, is hours' sleep before midnight and better to sleep during the shades of night

retards digestion. Stimulants of any, kind should not be resorted to in the crease of vigor can only be had from rest. This is certainly false and sbsurd reasoning.

Persons of active, energetic, highly
nervous temperament do not build up
more readily than others and by great
activity of mental force added to all

BEAUTY ACTUALLY TO BE FOUND IN YOUR HOUSEWORK EXERCISE

By LUCREZIA BORI

House cleaning time is always a oughear, but this year some women are regarding it with nothing short

themselves.
This is a most unsions of slowly turning into an unat-tractive household drudge with bent back.

sions of slowly turning into an unattractive household drudge with bent back, hollow cheek drudge with bent back, hollow cheek, thick waist, stiff joints and rough hands that proclaim the fact that she has to ply the scrub brush and the broom. Do not, I beg of you, look at house cleaning from this discouraging angle. It is wrong to think that you must sacrifice your good looks because you have honely duties to perform.

Really Beneficial Exercises.

The so-called "tiresome round of daily tasks" may be turned to your personal good. Thru them you can cultivate strength, health and beauty. When you sweep, for example, use a long, steady stroke to develop the muscles of the arms. Then, when you find it necessary to sweep with small, rapid strokes, you will get much valuable exercise for the wrists and forearm.

House cleaning also means moving furnitance alout. When it is possible to do so let your hands behind you and pull the heavier pieces as you walk forward. Notice how this brings the musites of the shoulders and the back into use.

Then you must reach high to the top shelves of the cupboard and closets when changing the shelf paper or when putting the cleaned china and glassware in their proper piaces. Stretching exercises of this character will increase the surpleness of your body and add to your grace of motion.

In rolling up the rugs or the carpet before sending them away to be cleaned you will be forced to bend over frequently. The same movement will be necessary when the summer rugs are adjusted to the floor. There is nothing

better for wearing away superfluous flesh than these stooping exercises. They reduce the clumsy thickness of the waist and hips, make the joints of the lower limbs supple and harden the muscles and

Never attempt to lift anything that has any weight to it. Always drag it behind you. Thit will cause you to throw your shoulders back, your chest out and to stand perfectly erect. Such an exercise is equal to any given in the gymnasium for rounded shoulders and chest expansion.

The long-handled brush used for lyushing the dust from the walls and celling is a great aid to beauty. A vigorous use of it will exercise the muscles of the arms and trunk, insuring a supplemental that will offset any tendency to awkwardness. Forget when you are brushing the "colwebs from the sky" of your pleasant tasks of spring house cleaning. Simply imagine that you are taking a course of exercise in a gynnasium, and that this is one of those recommended for your particular benefit. Spring house cleaning will no longer be your "bete noir" if you will bear in mind the physical good it is going to do you. The monotony of housework will no longer "wear upon your nervee" if you find yourself growing healthier and better looking as the days go by.

The sturgeon has no skeleton; it has bony tubercles fixed in the skin along the back and sides. If these are boiled with a little soda it will be seen that they are beautifully ornamented, somewhat resembling very fine Chinese carving.

The inventor of the "hansom cab" was Joseph Aloys'us Hansom, who was born in York, in 1803, and died in London in 1882. He registered his "patent safety cab" in 1834, and, it is said, received only \$1,50% for his invention.

The British troops at the front are, in many instances, using a new weapon, the rifle granade, the idea of which was suggested to its inventor. Martin Hall, by the successful employment of hand gren ages in the Russo-Japanese war.

NEWSPRINT COSTS ARE INDEFINITE

Evidence Presented by Royal Commission Shows Many Different Opinions.

Abe Lincoln Said

If you apply this to buying Watch Cases, and insist on getting those bearing the Winged Wheel trade mark as above, you can't be fooled any of the time.

THE AMERICAN WATCH CASE
CO., OF TORONTO, LIMITED.
The Largest Makers of
Watch Cases in the
British Employer

BOOK REVIEWS

KLEATH.

Kleath, by Madge Macbeth; published by the Musson Book Company, To-

incidentally to run the paper and to get tangled up in all kinds of scrapes

WHY WAIT?

story at that.

BOOKKEEPERS DIFFER

Arbitrary Figures Used by Papermakers to Show Increased Expenses.

Further amazing evidence in the newsprint paper inquiry was brought to light this week by publication of the official report of proceedings of the royal commission subsequent to the withdrawal of the daily and weekly newspapers, and their coun-sel, W. N. Tilley, K.C.

sel, W. N. Tilley, K.C.

"It it was any article of commerce that was concerned other than their own raw material, the newspapers would be printing pages about it." said one observer vesterday.

New evidence offered has brought to light further instances of the inflation of cost figures by the paper manufacturers in their returns to Commissioner Pringle.

The statement of Donnacona Paper Co. Limited, showed a sudden increase in the cost of newsprint paper from \$29.21 a ton in 1915 to \$45.39 a ton in 1916, and \$60.20 a ton during

ton in 1916, and \$60.20 a ton during the first four months of 1917. George M. McKee, general manager of this company, admitted that the returns company, admitted that the returns for 1916, and the first four months of 1917, were based on arbitrary figures of \$50 a ton for sulphite and \$25 a ton for ground wood, instead of the

actual cost of production.

Satisfactory to the Commissioner.

Geo. Chahoon jr., president Laurentide Co., Limited, admitted under Geo. Limited. admitted under cross-examination that after the first session of the present investigation some of the manufacturers who make their own sulphite had discussed among themselves the prices at which sulphite and ground wood should be entered in the replies to Commissioner Pringle's questionnaire, and had decided upon \$50 a ton for sulphite and \$25 a ton for ground wood. On his return home, Mr. Chahoon had telegraphed to each of the manufacturers his personal opinion that it would be satisfactory to the commissioner if the statements were made out along those lines.

Accountant Discwas This Statement. Ronald Amy, accountant for Price Bros. & Co., Limited, who was called by the counsel for the government with his foreman, with a gambler and with a woman, Unlike most men, he doesn't fall for the woman at all, but falls in love with a woman who isn't an adventuress. He starts in by lick-

ing the worst bully in the town and ends up by marrying the best woman. It's exciting all thru, except where the reader has to wade thru a lot of Irish dialect. But it's a good, interesting When the happenings of the preficus day can be learned from The Toronto Morning World, which is delivered before breakfast to any address in Toronto and suburts or Hamilton and suburbs.

Sign and send the following order blank, or telephone your order:

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For the Price of One

Both sides of EDDY'S Twin Beaver Washboards can be used—giving double service for the price of one. Made of

INDURATED **FIBREWARE**

(which is really pulp hardened and baked by a special pro-cess). It cannot splinter or fall apart. Won't hurt your fingers or tear your clothes. Double value for your money—almost life lasting. Don't do another washing until you get

ASK YOUR DEALER.

E. B. EDDY COMPANY

LIMITED HULL, CANADA

by Mr. Millen would reduce the cost to \$46.15 a ton.

Stuart G. Shepard, counsel for the Ontario Paper Co., Limited, Thorold, Ont., said a mistake had been made in the statement submitted by that company, and that an amended statement would be furnished. Warren Curtis, the president and manager of the company, gave amended figures as to the cost of production of newsprint paper that were in each case less than the figures shown in the original statement. The difference in the figures for the first four months of 1917 was \$6.76 a ton. Mr. Curtis gave amended figures of cost of sulof 1917 was \$6.76 a ton. Mr. Curtisgave amended figures of cost of sulphite and ground wood also. The original statement submitted showed a cost of \$44.53 a ton for sulphite and of \$16.40 a ton for ground wood. Mr. Curtis claimed that the actual cost of sulphite and ground wood was \$47.51 a ton and \$23.60 a ton. respectively.

Where Canada's Page Ground

Where Canada's Paper Goes.
Some of the evidence presents an interesting sidelight on the desire of the counsel for the publishers to in Bros. & Co. Limited, who was called by the counsel for the government after the examination of the vice-president of that company, said the cost of wood during the season of 1916, delivered at the company's mill, was \$8 a cord. He said he had helped to prepare the statement of Price Bros. & Co., Limited, for Commissioner Pringle, and he thought the cost of wood had been put in the statement at \$8 a cord. On being shown a copy of the statement, he admitted that it was not the statement he had helped, to prepare. He said: "I must say I had nothing to Canadian production, and, because the counsel for the evidence presents an interesting sidelight on the desire of the counsel for the publishers to inquire into the nature of the work of the Canadian Export Paper Co., Limited is owned by The Chicago Tribune and that its entire production is shipped to that newspaper; also that the Dounacona Paper Co., Limited sells its entire production to The New York Times. The combined production of these two companies represents an interesting sidelight on the desire of the counsel for the publishers to inquire into the nature of the work of the Canadian Export Paper Co., Limited is owned by The Chicago Tribune and that its entire production is shipped to that newspaper; also that the Dounacona Paper Co., Limited is owned by The Chicago Tribune and that its entire production is shipped to that newspaper; also that the Dounacona Paper Co., Limited is owned by The Chicago Tribune and that its entire production is shipped to that newspaper; also that the Dounacona Paper Co., Limited is owned by The Chicago Tribune and that its entire production is shipped to that one of the counsel for the quire into the nature of the work of the Canadian Export Paper Co., Limited is owned by The Chicago Tribune and that its entire production is shipped to that newspaper; also that the Dounacona Paper Co. Limited is owned by The Chicago Tribune and that its entire production is shipped to that newspaper; also that the Canadian Export Paper Co., Limi

Deliver The Toronto Morning World before ... a.m. until forbid. I will pay monthly. do with this statement. I did not prepare that one. . . We have been preparing one which I thought was before the commission." He said he thought the statement shown to him Canadian production, and, because of the arrangements regarding it. If portion of the Canadian product was withdrawn from the competition market open to Canadian published. thought the statement shown to him was prepared on the basis of \$9 a cord for wood.

Difference of \$16 a Ton.

Geo. H. Millen. president and general manager of E. B. Eddy Co. Limited, admitted that in the statement of that company for the first four months of 1917, sulphite had been entered at \$80 a ton and ground wood had been entered at \$30 a ton, although the actual cost of production during had been entered at \$30 a ton, although the actual cost of production during had been entered at \$30 a ton, although the actual cost of production during had been entered at \$30 a ton, although the actual cost of production during had been entered at \$30 a ton, although the actual cost of production during had been entered at \$30 a ton, although the actual cost of production during had been entered at \$30 a ton, although the actual cost of production and more than one had been entered at \$30 a ton, although the first four interested in the Canadian Export Paper Co., Limited. Address MORE FORESTERS WANTED. Canadian Associated Press Cable.
London, July 6—The Canadian Press learns that the British Government has asked for additional foresters from



The Most Refreshing Summentime Beverages Ask your Grocer -- Dealer

KEEP a supply of O'Keefe's Beverages in the house. Every time you open a bottle there is pleasure in store for some oneyourself when you are hot and thirsty, the children, father and his friends.

GINGER ON ALES

Insist on O'Keefe's and you will get the purest and most healthful beverages without paying extravagant prices.

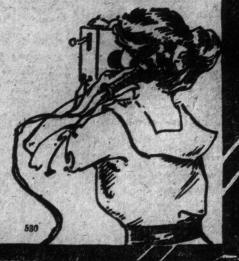
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YORK SPRINGS WATER York Springs Belfast Ginger Ale

York Springs Dry Ginger Ale · Polar Distilled Water · ORDER FROM YOUR GROCER OR DRUGGIST-

They Carry a Full Line of O'KEEFE'S BEVERAGES On Sale at All Hotels, Restaurants and Refreshment Stands, or Phone Main 4203

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