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Spring Term from April 2nd

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WATFORD, ONT.

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W. J. Elliott, President. D. A. McLachlan, Principal.

MEN WHO ENLISTED IN 149 BATT. AT WATFORD

- Lieut. W. H. Smyth, Headquarters Ottawa.
- Lieut. R. D. Swift, Scout Officer.
- Sergt. W. D. Lamb
- Sergt. M. W. Davies
- Sergt. S. H. Hawkins
- Sergt. E. A. Dodds
- Sergt. W. C. McKinnon
- Sergt. Geo. Gibbs
- Sergt. H. Murphy
- Sergt. C. F. Roche
- Corp. W. M. Bruce
- Corp. J. C. Anderson
- Corp. J. Menzies
- Corp. S. E. Dodds
- Corp. H. Cooper
- Corp. C. Skillen
- Corp. C. E. Sisson
- L. Corp. A. I. Small
- B. Q. S. - B. C. Culley
- C. Q. S. - C. McCormick
- Pte. Frank Wiley.
- Pte. A. Banks
- Pte. F. Collins
- Pte. A. Dempsey
- Pte. J. R. Garrett
- Pte. H. Jamieson
- Pte. G. Lawrence
- Pte. R. J. Lawrence
- Pte. C. F. Lang
- Pte. W. C. Pearce
- Pte. T. E. Stilwell
- Pte. A. H. Lewis, Band
- Pte. G. A. Parker
- Pte. A. W. Stilwell
- Pte. W. J. Saunders
- Pte. Bert Saunders
- Pte. A. Armond
- Pte. W. C. Aylesworth, Band
- Pte. R. Clark, Bugler
- Pte. S. L. McClung
- Pte. J. McClung
- Pte. C. Atchison
- Pte. H. J. McPeley
- Pte. H. B. Hubbard
- Pte. G. Young
- Pte. D. Bennett
- Pte. F. J. Russell
- Pte. E. Mayes
- Pte. C. Haskett
- Pte. S. Graham
- Pte. W. Palmer
- Pte. H. Thomas
- Pte. F. Thomas
- Pte. B. Tremouth
- Pte. E. A. Shaunessy
- Pte. W. Zavitz
- Pte. W. J. Savers
- Pte. Lot Nicholls
- Pte. John Lamb
- Pte. Eston Fowler
- Pte. E. Cooper
- Pte. F. A. Connelly
- Pte. F. Whitman
- Pte. Edgar Oke.
- Pte. White.
- Pte. McGarrity.
- Pte. Wilson.
- Pte. Richard Watson, Can. Engineer
- Pte. L. H. Aylesworth, Band.

Food Value of Potatoes

Canadians who eat them freely can help to save wheat flour.

People who wish to help in food conservation should consider potatoes as a partial substitute for wheat flour. Potatoes are the chief staple of the semi-perishable foods. Canadians do not eat their fair share of potatoes even in normal times. We have been largely a wheat, beef and pork consuming people. These staples are now required for overseas and it behooves us to substitute other foods for them whenever possible. We consume, perhaps, two and one-half bushels of potatoes per capita per year, or about one-third of a pound per day—equal to a fair-sized potato. In some European countries one pound per day per capita is consumed, and in some districts four pounds per day, and nearly twenty-five bushels per year.

Despite the increase in price since the war, potatoes are still among the cheapest of foods. One pound of roast beef costs ten times as much as a pound of potatoes, and twenty per cent. of beef is bone. Three and a third pounds of potatoes supply 1,000 calories of energy, at a cost of less than 10 cents, while about 2,500 calories are required for full grown persons working indoors. That is to say, if all foods were as cheap as potatoes we could live on 25 cents a day. Healthy men have lived and worked for months on a diet of nothing else than potatoes, oil, margarine and a little fruit. Potatoes contain protein of the very best kind. They also contain mineral salts which neutralize harmful acids in the body. The food material in potatoes is 98 per cent. digestible.

Canadians have large supplies of potatoes, carrots, onions and turnips and by consuming these vegetables freely, they can economize with bread. Good cooks know the ways of using potatoes are various—boiled, steamed, lyonnaise, baked, chipped, fried, hashed brown, creamed, scalloped, stuffed, au gratin, and scores of combinations.

Canada has plenty of potatoes and, although the price is high compared to normal times, it is not high in comparison with other foods in war time.

Animals on Scant Rations

A large part of the animal population of all the countries at war has felt the worldwide shortage of food. The high cost of grain has meant a reduction in that ration to all domestic animals. It has in many cases compelled the stock-raiser and the farmer to dispose entirely of his animals. As serious as the food situation is for us all, when the strictest conservative food measures are adopted it is the captive wild animals who live only for exhibit purposes that must first be on a shorter ration. In zoological prisons animals fortunately (for them at least) do not live long as a rule. The war has made it impracticable to replace those that die and this is well. Sound and sensible conservation would probably demand that the living should be killed or released.

In a recent statement relative to the food supply the Duke of Bedford presented a sad picture of life in the zoo which was thus reported: The only meat that they gave to the carnivora was horse flesh purchased from the army. They had ceased using potatoes. The bread given to the monkeys and other small mammals was made from flour rejected by the Board of Trade, and ship biscuits that had outlived their usefulness as human food. Instead of wheat they used paddy, rice, and locust beans. They were replacing oats with a mixture of maize and split horse beans.

Hay was that left by army buyers, supplemented with park grass and foliage. Only Chinese pickled eggs were employed and the fish that was unsuitable for human use. Bananas, formerly fed to many small mammals and birds, had to a great extent been replaced by boiled mangel-wurzel and beets. Only five pounds of sugar a week were used, and this was "foot" sugar unsuitable for human food. And "greens" were limited to eleven bushels a week of kinds not sold for human consumption.

The Loyalist Chapter, I. O. D. E., Saint John, N. B., has decided to omit refreshments at their meetings in future in order to help to conserve food.

Home-Made Syrup From Sugar Beets

(Experimental Farm Notes)

As one of the consequences of the war the price of granulated sugar has very materially advanced during the past two years. This fact has prompted the inquiry, can a wholesome syrup be made in the home from sugar beets that can be used as sugar substitute?

1. The beets should be thoroughly washed, and the crowns cut off at the lowest leaf scar and rejected. The remainder of the beet is then sliced as thinly as possible, put into a tub, crock or other suitable receptacle and covered with BOILING water at the rate of 1½ gallons per 10 pounds sliced beets. The whole should be kept hot for an hour or so, with constant stirring, and then strain through two thicknesses of cotton. The juice so obtained is brown or brownish black in colour and was found to contain 5.75 per cent to 6.75 per cent sugar.

2. The juice, obtained as already described, is boiled down to a volume of approximately one tenth of that originally present, care being taken that the syrup as it thickens does not scorch or burn. During the boiling the scum which constantly rises should be removed.

To preserve the syrup for future use it should be bottled while still hot in self-sealers and the cover at once tightly screwed down.

Course in Farming For Ontario Women

A special three weeks' course in farming for women is to be held at the Ontario Agricultural College this spring. Sir William Hearst announced in the Legislature that a course would be opened at the O.A.C. on May 1, continuing until May 22, at which women will be given instruction of a general kind upon farm activities. The course will be open to women who are physically fit and are ready to sign up for three months' service on the farm at the close of the course. One hundred women will be selected from those who apply. The enlisting of the women is in the hands of Dr. Riddell, superintendent of the Trades and Labor Branch.

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.

All Sorts of Items

A stretcher that can be folded and carried in a knapsack has been invented by a Swiss army surgeon. Schoolboys of Norwich, England, have undertaken to dig gardens belonging to soldiers' wives and widows. Every time you eat greedily you earn the thanks of the Kaiser and Hindenburg; waste at home weakens the defenses in the battle line. A device to be attached to a comb has been invented to permit men to cut their own hair. Nails are arranged in parallel layers for packing by a magnetic machine invented by a Swiss. A ring to be worn on one finger by a person knitting regulates the tension of the material used. Washington, March 21.—Increase in the government guaranteed price of wheat from \$2.00 to \$2.50 a bushel was approved by the Senate to-day. Experiments by the United States hydrographic office have indicated that the depth to which an ocean wave causes a disturbance of the water is 350 times the wave's height. A Devonshire (England) Vicar's wife keeps a book in which a daily entry is made of all economy in dining room and kitchen. At the end of the month the money is divided equally between the servants and put into War Savings. St. Thomas, March 21.—Joseph Brady, aged fifty, for many years a laborer with local contractors, was cut to pieces at the Michigan Central high bridge to-night when he stepped out of the way of express No. 3 directly in front of the Wolverine flyer. An inquest will be held. Paul Letros, proprietor of the Star Restaurant, Toronto, was fined \$25, with the option of 30 days in jail, for serving pork on Wednesday, contrary to the order of the Canada Food Board. This is the first conviction under the new regulations. On a charge of failure to provide a substitute for white bread he was remanded.

Children Cry for Fletcher's CASTORIA

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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- Bonnie Washers..... 6.50
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- Imperial Wringers..... 5.50
- O-Cedar Mops..... 1.50
- Vacuum Cleaners..... 7.50

Tubs, Pails, Scrubbing and Paint Brushes at lowest prices.

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Comfort, Elegance, Durability and Value are features that our goods are noted for.

No Big Profits to Pay Here

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THIS is no time to be practising False Economy. Don't imagine because you have a fire on that it is cheaper to bake your own Bread and Cakes. Remember, you must have extra heat, and you know the cost of wood and coal these days! So Save your Fuel and Buy your Bread and Cakes from

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