

## SAVE THE PERISHABLE FOODS

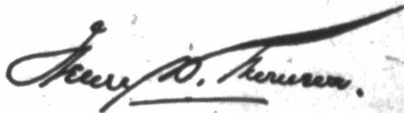
CANADA'S war gardeners and all classes of our people who have engaged in food production this year have done splendid service. The response to the call for more food has been magnificent and there is every prospect of a bountiful harvest. The need of food overseas continues to be great and, if we are to take the utmost advantage of our opportunity to feed our soldiers and Allies, we must make the fullest use of our food resources.

By eating fruit and vegetables freely while they are in season, and by canning, drying or storing our surplus for winter use, we can release more wheat and other foods for shipment overseas. At the same time we can reduce our own cost of living. Fruit and vegetables are conducive to health, and greater and more regular use of them throughout the year would have positively beneficial effects.

But these are perishable foods and in order to avoid very great waste—which would be little short of criminal, in view of the situation in Europe—they must be handled promptly and carefully. This booklet is intended to give simple, definite and reliable information for the guidance of those who are willing to do their part in saving for winter use our harvest of fruit and vegetables, and especially the home grown produce.

Canning, drying and storing of fruit and vegetables mean true food service. They are a natural development of the efforts of the War Gardener, and all may have a part in the work of making the most effective use of our 1918 harvest. By so doing every housewife can contribute to the attainment of the final victory.

CANADA FOOD BOARD



Ottawa, June, 1918.

Chairman.