

### Meat and Game Portions.

21. Meat and game shall not be served in larger amounts per person than the following portions weighed after cooking, not including bone: Beef, 8 ounces; veal, 6 ounces; mutton and lamb, 6 ounces; fresh pork, 6 ounces; pickled pork, 8 ounces; venison and other wild meats, 8 ounces; bacon, 4 ounces; ham, 4 ounces.

22. Only one serving of meat or other flesh or fowl per person shall be served at any meal. **Butter and Margarine.**

23. Not more than  $\frac{1}{2}$  ounce of butter or oleo-margarine may be served except upon special request, and then not more than  $\frac{1}{2}$  ounce additional may be given.

24. Sugar receptacles shall not be left on dining tables or counters except in railway trains or steamships.

25. Not more than two teaspoonsful or equal weight of cane sugar shall be served for the purpose of sweetening beverages.

26. Sugar for any purpose shall be served only when called for.

### Featuring Substitutes.

27. From and after April 7, 1918, all menu cards, notices and advertisements published by any public eating place relating to meals or food shall feature fresh and dried fruits, preserves, jams, honey, maple, corn and cane sirups; cereals other than wheat products; eggs; fresh, salt, smoked and shell fish in season; potatoes, roots, green vegetables, salads and soups.

28. From and after April 7, 1918, printed cards must be prominently displayed in public eating houses so as to be easily read by all guests, bearing the following notice: "All persons in ordering their food ought to consider the needs of Great Britain and her Allies for

wheat, beef, bacon, and fats, and that the Canada Food Board desires the public to do everything in their power to make these commodities available for export by eating as little as possible of them, and by making use of substitutes and avoiding waste."

Or in lieu of such prominent notice same shall be printed in red on all menu cards.

29. Any menu card or advertisement authorized by any public eating place offering any food during prohibited hours or days shall be sufficient evidence to convict the proprietors under this regulation.

### Food Waste Regulations.

30. Garbage cans shall be provided for swill, and separate containers shall be used for disposing of ashes, broken glass and crockery, so that table and kitchen scraps may be available for feeding of livestock.

31. No proprietor, manager, cook, steward or waiter in any public eating place shall destroy, or allow to be destroyed, food fit for human consumption, and shall not knowingly commit waste or wilfully permit preventable deterioration arising out of the storing or sale of food.

### Responsibility made Personal.

32. Proprietors and managers of public eating places, and all persons including waiters, cooks and stewards, are held responsible and liable to prosecution for infringement of regulations, or permitting waste of food found in swill or garbage cans or wasted in any other way whatsoever.

### Hoarding and Monopolizing.

33. No owner or manager of public eating places shall buy, contract for or store or otherwise handle food for the purpose of restricting or monopolizing supply.

### EVERY TIME YOU HAVE ONE OF THESE AT A MEAL

A Nutritious Soup

Fish

Poultry

Eggs

Baked Beans

Pea or Lentil Croquettes

Cereal Dishes, Combined with Eggs,  
Milk or Cheese

### YOU DO NOT NEED TO HAVE THESE AT THE SAME MEAL

Roast Beef

Roast Mutton

Pork Chops

Ham or Bacon

Sausage

Round or Hamburg Steak

Porterhouse or Tenderloin Steak

### RESTAURANT MEN FINED.

As a result of proceedings instituted by the police authorities in London, Ont., the proprietors of four local restaurants were each fined \$25 and costs for serving beef and bacon more than once in the same day.

Leading citizens in St. Catharines have organized a Greater Production Company, and have subscribed money to finance seeding, harvesting and other work on farms now idle.

### CARLOAD OF FRESH FISH.

At a meeting of the Fort William Council, held at the suggestion of the Canada Food Board to consider the question of increasing fish consumption in order to save other foods, it was decided that a carload of Atlantic fish could be used in that city at the present time. Arrangements are being made for this supply. The citizens of Fort William are now eating about two tons of fish per week.