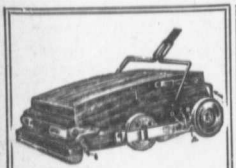

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and they can only be supplied if the civilian population of Canada and the United States will reduce their consumption of these foods. A saving of one ounce of meat per person per day, and increased production of beef and bacon on this continent, would go a long way towards meeting the armies' requirements.

Results of Our Last Contest

THE contributions which we have received in connection with our contest "If I Were Food Controller," are interesting and contain ideas which, we believe, will prove good reading for Our Folks. Some of the contributors state what they would do if they occupied the position of Food Controller very clearly, while others mention improvements which might be made, but do not state definitely that they would be prepared to carry them out did they have the opportunity.

We would like to publish several of the contributions in this issue, but our space is limited this week and we are therefore publishing but one.—the article which took first place, written by "Farmer's Wife," Perth Co., Ont. Watch for the others in our next issue.

King George as an Example

"Farmer's Wife," Perth Co., Ont.
(Premium Article.)

IF I were Food Controller I would take for my example King George of England and as he has done, I would eliminate waste in every shape and form from my own home. Then I would intimate (seeing they don't know) to the premier and all the members of parliament that since our Empire is in such dire need of food, it is up to each one of us to banish waste, first from our own homes then from our departments in the government.

A great deal of food could not only be saved but produced by insisting that every man who draws pay from the government shall do the work that he is paid for. No man should be given a position which he is in competent to fill and for which he hires a secretary or hireling, who does the actual work, thereby making two consumers (to say nothing of salaries) where only one is needed. The incompetent, if physically fit, should join the military force or be a producer, since producing is such a snap that only a man and a half is required for 100 acres. Then when the work of the government is running smoothly on a minimum of help, I would appeal to the people of Canada, through the press, to save, and particularly to save in such foods as can be shipped to our boys in France.

Recently I was speaking to a returned soldier, who, since his return, spent a few days in a Canadian training camp. He informed me that he saw more waste in that short time than he had seen in all his sojourn in England. In fact he emphatically stated that such waste would not be tolerated in England. Therefore, I would insist on waste in these camps being abolished. To accomplish this I would suggest that the meals be served as I once saw them in a restaurant in Toronto. As much as possible of the food was set on the tables on plates and only the foods required to be served hot were served individually. In this way each person needed to take only what he required. I consider individual serving the means of great waste, as no one cares to eat another's left overs.

Again, if I were Food Controller I would issue an order prohibiting the use of any grain in the manufacture of beverages of any kind. In this way much food could be saved. Any grain not desirable for human food can be used for poultry and for the fattening of pigs.

After the waste had been reduced to the limit I would set the prices of all farm produce in such a way that the farmer would get interest on money invested and fair, not extortionate, wages for everyone required to manage the farm to make it most productive. Then if there were some in the cities who thought prices too high, I would urge the government to invite them to become producers and offer them a helping hand as was done with the Doukhobors.

There is an abundance of fertile land in Ontario where these people could be settled, but God forbid that I should ever ask the farmers to accept them as farm laborers, as they know more without experience than a farmer could ever teach them. However, I believe if they were started on their own account, many of them would make self-supporting citizens so far as food is concerned. In mercy to them, however, I would never ask the first generation to pay interest on the money invested, for it takes a man born with a love of the land and all pertaining to it to accomplish that extraordinary feat.

Now, to make the division of food fair and deserving to all I would divide the population into the following classes: (a) people who do necessary physical work; (b) people who do necessary mental work; (c) aged, sick and invalided; (d) people who do very light, though necessary work; (e) people who will not work, such as lazy people or parasites who carry huge corporations gained by the work of the toiler.

To the person in the first division I would make no suggestions as to his rations, any more than that he eat sufficient to keep his body in fit condition and that waste be eliminated. To the second class I would suggest that he eat a minimum of meat and a maximum of fish, as it is a brain food. To the third class I would be very generous, in that I would see that he had a sufficiency of foods palatable to him. The fourth class would be bound to cut his rations to agree with the value of his earnings to the nation. To the fifth class I would not suggest, but I would apply the law "He that will not work, let him not eat."

From the last two classes I would figure on saving enough foodstuffs in Canada to keep our army in France in health, vigor and energy.

In the Highlands

The wind and the wave at their wildest
Are beating upon the isle;
But you, for all that was dearest,
Are absent, many a mile.
The corn is ripe for the gathering
Whenever the skies are blue,
So we light our lamp in the gloaming,
And silently think of you.

Dear lad! We can never forget you,
Who went with the willing men
When the call for the best came ringing
Along by the moor and glen.
Your dust is asleep in Flanders
Because your heart was true.
So we light our lamp in the gloaming,
And silently think of you.

'Tis not a long road to the meeting,
When the world's deep pain is o'er.
We'll patiently toll till the shadows
Sink over the sea and shore;
And then, while the last hour's darkening,
And we wait for the love we knew
We'll light our lamp in the gloaming,
And silently think of you.

—Lauchlan MacLean Watt.

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